



Tobacco retailers under fire
Local minors are still finding ways to buy cigarettes in local stores.

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Problematic gambling

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Comedy with attitude

A large, large, sexy man entertains students at a successful CSI event.

NEWS 3

Monday, January 27, 2003

Conestoga College, Kitchener

34th Year — No. 4

Disappointing ticket sales at Biz Bash

By DANIEL ROTH

Loud music, cool lights and great dance songs entertained the party-goers at the Blast from the Past Biz Bash on Jan. 16.

Jessika Kunkle, public relations officer for the Computer and Business Student Association (CBSA), said, "The Blast from the Past Biz Bash had approximately 120 students attend, which was not the turnout we expected."

"Normally CBSA's Biz Bashes attract between 460 and 530 people."

According to Kunkle, 75 per cent of the people in attendance paid the cover at the door as opposed to purchasing tickets beforehand.

"I think that the low participation rates at most of Conestoga College events held this year is becoming a school-wide issue," said Kunkle. She said she will continue to try and raise awareness of school functions through advertising and pushing ticket sales.

"As for increasing the spirit at Conestoga College I am at my wits end and would be open to any suggestions from anyone with a stake in the matter," said Kunkle.

She said there could be several factors contributing to the lack of participation at school events. The first is students are having a hard time viewing the Sanctuary as a party place, so whenever an event is scheduled there, despite the efforts to make the place cool, it goes flat.

She also noticed the decreasing number of instructors participating at some of the events. "They generally end up spicing up the party a



(Photo by Daniel Roth)

Funky lights, a fog machine and streamers all contributed to the party atmosphere at the Blast from the Past Biz Bash held on Jan. 16. The dance floor at Sammy's Garage was filled with the 120 people who braved the cold weather to party.

little and I feel that their presence is missed."

Kunkle also wondered about the amount of pressure being put onto the students by the institution to make sure they excel in their fields after they graduate.

"Maybe the college as a whole is putting more pressure on the student, which could mean the students have a heavier workload that doesn't enable them to participate in all

the activities put on by student organizations."

Of the participants only a handful of people made an obvious effort to dress for the occasion.

"I believe that one of the main reasons that more people did not dress up would be that Conestoga College has had too many events this year with similar themes," said Kunkle, adding, "A Blast from the Past was the fourth event

this year with a retro feel to it."

Geoff Fitzgerald, a guest at the event, wore a nifty brown and orange toque and matching brown jacket a la the '70s.

Mike Rekker, a second-year architect-engineering student, wore a montage of clothing from the past including a red and pink tie and a baseball cap that read "'50's nifty."

Cheryl Daniells, a first-year architect student, wore an amazing

blonde wig shaped like a giant Afro, which finished her "that '70s" look.

Steve Robinson, a first-year marketing student, went all out and came dressed in attire any pimp would envy. He even had a feather in his hat.

And finally, Kevin Way, a first-year law and security administration student, entertained the group with his oversized glasses and loud aqua-green slacks. His unique dance moves kept everyone amused.

Way won two tickets to the Vagina Monologues at Centre in the Square for overall best dressed. The runners-up were Robinson and Daniells.

Other contests held that night were the bra-removing contest, a game where the first of four ladies to remove her bra, without taking off her shirt, won.

All contestants won a shooter of her choice, but Mindy Berdstein, an early childhood education student, was the fastest overall. Her prize was a toque donated by Molson Canadian.

The most anticipated contest was the Love Shack.

In this game three couples entered a tiny shack and try to swapped as much clothing as possible in about 30 seconds.

The winning couple was Krista Cowan, a 20-year-old general business student, and Andrew Boyle, a 20-year-old who was a guest at the party.

This couple managed to swap six articles of clothing in 30 seconds. They also won tickets to the Vagina Monologues at Centre in the Square.

Pins awarded to diploma nursing graduates

By NICOLE CHILDS

A new young nurse approaches the stage. Her parents, peers and teachers watch as she is handed her diploma and a nursing pin is attached to her lapel.

For eight diploma-level nursing students, this was the scene on their graduation day, Dec. 13, 2002.

Conestoga College's School of Health Sciences and Community Services recognized their outstanding students in the three-year, diploma-level nursing program during a graduation and awards ceremony held in the recreation centre.

According to Lois Gaspar, chair of health sciences, the awards are given out in recognition of students' accomplishments.

She added that the awards exist because of the relationship and support the programs receive from the community.

Approximately 71 graduates and families attended the award cere-

mony, which ran from 1:30 to 3 p.m.

Students received their diploma and were presented with their nursing pin. According to Gaspar, the pin is a "kind of medal of honour for having completed the program."

She added that the pins started as decorations for honour and valour back in the days of Florence Nightingale.

"When nurses graduated, their ceremony included receiving their black band for their caps, which they don't wear anymore, and their nursing pins. The pin is symbolic of the school from where they graduated. Most are proud of that," explained Gaspar.

Seven graduating students and one second-year student received awards for their accomplishments within the nursing program.

Erin Ariss, a Kitchener resident, won the Jean O'Leavey Award for Excellence in Nursing. The \$200 memorial award recognized her high academic achievement, out-

standing application of theoretical knowledge in a clinical setting and consistent personal and professional growth during the course of her studies.

Amy Kubiswesky, also from Kitchener, won the Stanley F. Leavine Memorial Award. This \$100 award recognized her outstanding academic achievement, excellence in clinical placements and growth in achieving the professional standards required in the nursing program.

Philana Pendleton, a Cambridge resident, received the Sister Beatrice Schnarr Scholarship. The \$250 scholarship recognized her achievement in attaining the highest academic grade-point average among her graduating class in the nursing program. The award was donated by St. Joseph hospital's board of trustees.

Claudia Resendes, a second-year diploma-level nursing student, received the Judith Cooper Memorial Award. The \$200 award recognized her achievement to

date in theoretical studies and clinical experiences. It also recognized her support towards her colleagues and her caring attitude towards patients. The award was established by friends of Judith Cooper and was presented by one of her friends. Resendes will complete her studies in December 2003.

Rebecca Seager, a Guelph resident, was the recipient of the Homewood Foundation Scholarship in Psychiatric Nursing. The \$500 award recognized her interest in psychiatric nursing, which was reflected in her theoretical and clinical achievement. It also recognized her outstanding clinical performance in a psychiatric facility.

Kerri Thomas, also from Guelph, received the \$100 Cosford Community Nursing Award for excellent academic and clinical performance.

It also recognized her outstanding motivation and her ability to work with professional colleagues

in the development of teaching or care-giving activities for use with clients in the community.

Leanne Tremain, a Kitchener resident, received the Nursing Faculty Award. A pendant and a plaque were presented to Tremain in recognition of her initiative, positive attitude, problem-solving skills, professional motivation and her caring and compassionate attitude during clinical experiences.

Kristen Verbeem, a Waterloo resident, received \$150 for the St. Mary's General Hospital Educational Award for Continuing Education.

The award was in recognition of her interest in postgraduate studies and attaining a high level of academic achievement and clinical proficiency.

Gaspar is proud of the graduating students saying that they all did really well.

"I think it's great, I think they do deserve recognition. All students work very hard. They all change a little and they all learn a lot."

Students not impressed with pub nights

Concerns about alcohol selection and location affecting pub attendance

By CARRIE HOTO

As many students have noticed, there has been a lack of attendance at the recent pub nights.

However, Conestoga Students Incorporated (CSI) did reach capacity for the first few pubs of the 2002 school year. Nevertheless, students are still complaining about not only waiting in long lines for alcohol, but are also not impressed with the selection available.



Leslie L. Jackson

"The beer selection is the main reason I don't go. I am not a fan of Brick beer," said Leslie

Jackson, a second-year marketing student, adding, "Usually if I'm going to a bar I go to Louie's or Phil's." Both Loose Change Louie's and Phil's Grandson's Place are in Waterloo.

Matt Gibson, a first-year marketing student, agreed with Leslie. "If there was cheap beer, I would go. But \$3 for Brick beer is way too much, considering that it's terrible," he said. "That's another reason people don't go, the beer is too limited."

The CSI has addressed the students' concerns, but with such a short amount of time left in this school year and with standing contracts they have with the Brick Brewery, there is little they can do right now.

"The reason nothing has changed is partly because we only have seven scheduled pub nights left over four months. We really can't do anything physically (to the Sanctuary) and with the booze," said Jody Andruszkiewicz, CSI events co-ordinator, in a previ-

ous interview. "If we want to change stuff now, we would have to shut the Sanctuary down for four months and we can't do that. As soon as I get the bar built, students will get the variety they asked for."

Students said another issue with

"If we want to change stuff now, we would have to shut the Sanctuary down for four months ..."

Jody Andruszkiewicz,
CSI events co-ordinator

pub nights, aside from alcohol, is the themes. Most students felt that once in awhile a theme night was cool, but not every pub night.

"Theme nights are stupid and they're corny. You're there to relax, drink and socialize," said Gibson, adding, "I think they should take the theme nights out."

"I'm not big on the themes. I'm not really big on dressing up; I just like to be comfortable," said Ashley Jackson, a second-year general arts and science student.



A. Jackson

Leslie said if you have to wear a costume, then she won't attend. "Some of them (theme nights) are lame, I am not drawn to themes," she

added.

Students should be aware that you are not required to wear a costume at the theme nights. Their purpose is to encourage a different kind of atmosphere for each pub;

students can make their own decision on whether they want to participate.

Robert McLeod, a first-year management student, had a different opinion. "Location is what's killing them. If they would focus on second- and third-year students and how to get them to come, they'd have a lot more success," he said, adding, "It takes \$25 to take a cab to get anywhere."

McLeod used to attend the pub nights held at the Sanctuary, but said, "they suck" and that he would rather go to other bars because he knows people will be there, even if that means taking a cab to Waterloo. "I go to other bars where there's girls," he said, adding, "I go to Louie's and it's amazing."



McLeod



Stephenson

Trevor Stephenson, a first-year broadcasting student, had another opinion. "I don't think location is the problem," he said. "They (CSI) need to

make it more interactive by making the pool tables free and putting on a cover charge."

"It is not the location of the Sanctuary, it's the location of the school. Not a lot of people come in to go to the pub, only people from residence," Stephenson added.

Callie Irish, a second-year early childhood education student, said, "The location is decent, but some-

times it get cramped inside when people start moving the couches around."

Irish added a bonus to having the pub in the Sanctuary is you can "go to the pub, drink and then walk home," if you lived in the residence. "It's also



Irish

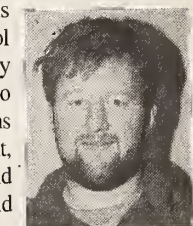
an opportunity to hang out and be with friends and meet new people."

Ashley also likes the location. "It's good, it's nice and close - and it's the only thing that is close," she said. "I don't think there's anything bad about the pub, but it would be better if more people went," she said, adding, "I don't know why people don't go."

Leslie said the worst part of pubs were the two extremes. "Either there's not very many people and it's dead, or there's a lot of people and it's really hot and you just want to go home."

Another solution students offered on improving the pubs was to, "Have free

games, such as having the pool tables open. They (CSI) could also have comedians come in at night, have bands and live music," said Gibson.



Gibson

Ashley suggested a change in the music. "I'd say play more hip-hop, something easy to dance to; people like to dance."

The disc jockey mixes up Top 40, hip-hop, R and B and rock 'n' roll at the pubs. Andruszkiewicz assured the students if they support the CSI they'll get what they want.

Last year, Max underwent surgery to implant a new kind of pacemaker, one with technological advancements unavailable just 5 years ago. Every time you give to the Heart and Stroke Foundation, you fund research that leads to medical breakthroughs, like the one that saved Max's life.

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Long-time employee says goodbye to Conestoga

By KATE D. VANDEVEN

A long-time employee of Conestoga has bid her farewells and is set to embark on the next phase of her life.

Human resource worker Linda Krotz has retired after 34 years of working for the school.

Krotz started in 1968 as a senior administrator at the Waterloo campus, which was back then called the Adult Education Centre.

"She will be greatly missed."

Debra Croft,
director of
human resources

She moved in 1981 to the Doon campus and has held numerous positions around the college. Some of these included administrative services, manager of support services for the learning resource centre and support to director of the Doon, Waterloo

and Cambridge campuses.

In 1996 Krotz moved to the human resources department, where she held the position of manager of labour relations and classifications until her retirement at the end of 2002.

To commemorate her leaving, a retirement party was held on Jan. 14, where past and present colleagues were invited to say goodbye.



Krotz

Students in the food and beverage program prepared the cocktails and dinner, after which colleagues spoke and paid tribute to Krotz.

One of Krotz's co-workers, Debra Croft, said Krotz was a "delightful person to work with" and said she was a very "thorough worker" with a "wonderful sense of humour."

Croft worked with Krotz in human resources and said she will be "greatly missed."

Controversial comedian cracks students up

By HALLEY McPOLIN

It looked as though a biker convention had arrived in the Sanctuary on Jan. 14, as comedian B.J. Woodbury made his way to the stage to present his comedy of ill manners.

Admittedly more than 300 pounds, dressed in a leather vest and pants with his long hair pulled back in a ponytail which complemented his beard, it turned out this ruffian's bark was worse than his bite.

After his introduction by CSI events co-ordinator Jody Andruszkiewicz as a "large, large, sexy man," Woodbury proceeded to entertain students with a barrage of fat jokes (including many self-deprecating jokes), sexual cracks and alcohol-driven performances. These included: why you never want to get drunk primarily on liquors as it will likely cause you to speak to God before worshipping the ivory altar, and the three stages of a whisky-drunk (and why they probably don't get invited back to parties).

At one point during his performance, the main office made an announcement asking for whomever was triple-parked in one of the lots to please relocate the car. Taking the opportunity for some improvisation, Woodbury suggested we all get drunk and go steal the

car. "No, no - don't drink and drive," he quickly added. "And don't do drugs. In fact, if you have any drugs, give them to me and I'll dispose of them."

Woodbury says his career began in 1985 "A friend of mine dared me to go onstage during an amateur night at the Penguin Café in Ottawa. I don't know how old I was, but I was pretty drunk ... so probably somewhere around the mental stage of 17 or 18 years old."

Woodbury explained that he had always been a class clown, so the progression to stand-up comedian was only natural. His family, on the other hand, has never approved of this lifestyle. "I've been disowned," Woodbury said, adding, "My family is full of professional people."

The Ottawa native has been touring North America since his start in 1985 and has also appeared in some familiar television shows, including two years on the popular CBC series *Road to Avonlea*, playing the local blacksmith. Woodbury described the program as a "good Christian show" that he could not be funny on. "I just swung the hammer because I was the big guy."

Some other TV shows he has appeared on include: *Due South*, *Tek Wars*, *War of the Worlds*, *Friday the 13th* and he also had a recurring role on *The Red Green Show* as a character named Helmut

Wintergarden. Woodbury was most recently seen in a Viewer's Choice Pay-Per-View comedy special entitled *Mondo Taboo*.

"I'm done with acting - it's too hard," Woodbury explained. "I can memorize the scripts: I have a photographic memory, but I'm not used to playing off other people - it throws my timing off. I'm just used to doing it alone."

When asked what his favourite aspect of the comedy business was, Woodbury quipped "getting paid." He quickly modified his answer to enjoying the laughter he creates through his act. "My favourite sound in the whole world is kids laughing. I'd rather listen to kids laughing than the money."

Although laughter is the most common - and preferred - response to his act (along with a few gasps and dropped jaws), Woodbury says he has had some negative reactions. "I had a guy tell me I was going to hell," the comic explained. "He actually said 'I damn you to hell.' I tried to make levity of it by saying 'I don't think you have that power,' but he was pretty serious."

Considering his often-offensive act and outrageous behaviour on stage, it's surprising to note that in his free time the entertainer enjoys listening to music such as Italian opera. "I love classical music deeply. I



(Photo by Sinead McGarry)

Comedian B.J. Woodbury entertains the packed Sanctuary on Jan. 14.

like all music, from a guy playing a zither in the corner to a 20-piece orchestra to (rap artist) Eminem."

When asked for an embarrassing moment, Woodbury replied without hesitation, "Did you see my show?"

Ingenuity Canada provides a vehicle for change

By SHANNON McBRIDE

Canadians are being given a chance to make change happen.

Ingenuitycanada.com is one of several channels Member of Parliament Dennis Mills, of the Toronto-Danforth riding, is promoting as part of the new forum called Ingenuity Canada. The Ingenuity Canada Team is made up of Mills and a group of non-partisan people from all walks of life. The Web site is dedicated to promoting constructive ideas from citizens to government and to creating new opportu-

nities for participatory democracy.

The site defines ingenuity as the use of originality, creativity, innovation and the stimuli, which help find new and better ways of doing things for Canada's future, and its creators are looking for ideas that do those things.

The site provides a wide variety of topics for Canadians to choose from including everything from aboriginal peoples and amateur sport to education and the environment. Users may choose one of the provided topics or a subject of their own. Then they can write a message

for both the public and the government to read and consider. Ideas posted on the site are submitted for consideration to the research branch of the library of parliament. The ideas are then analyzed, refined and delivered directly to the appropriate minister. The minister is then required to reply to the proposal.

Many Canadians have already signed on and have discussed such topics as the resignation of the prime minister, employment insurance, seniors, bilingualism, democracy, education, homelessness, the decriminalization of marijuana and

many more varied subjects.

Though the site allows an open discussion, only "constructive" ideas are submitted to the ministers. The site also provides no evidence that any of the submitted ideas have been considered by ministers.

Besides the Web site, Mills is using other methods to promote ingenuity. Ingenuity Canada radio is available around the world via the Internet. The station hosts members of parliament and other recognized society members and invites them to discuss the concepts behind ingenuity and periodically,

the ideas submitted by Canadians.

Ingenuity Canada also awards Canadians who have promoted new and better ways of doing things for Canada. The award is a statue of former prime minister Pierre Elliott Trudeau. On April 11, 2002 the first Ingenuity Recognition Celebrations recognized 20 Canadians with the presentation of this statue.

The recipients included athletes, union leaders, educators, organization and company founders and several others, all of whom were recognized for their ingenuity in their respective fields.



(Photo by Julianna Kerr)

The world at your fingertips

University of Western Sydney representative Helen McCart was at Conestoga College Jan. 13 to provide information to students interested in continuing their education in Australia. Above, third-year engineering student Chris Marshall explores his options.

Things you need to know before you visit the college doctor

By IZABELA ZARZYCKA

If you need to see the college doctor, you can't just walk in and be treated, you have to make an appointment.

Dr. Janet Warren, a Conestoga College physician, said it is not a walk-in clinic. She added that a lot of students at the college don't know they need an appointment and just show up and expect to be examined.

Warren said when you come to the appointment you should bring your OHIP card and all of your information, meaning phone number, address and list of medications, if you are taking any. Make sure the OHIP card that you are presenting to the secretary is up-to-date, she said.

When you come to the appoint-

ment, come with only one question or concern and the doctor will deal with the rest of your concerns either during that appointment or at a following appointment.

However, if you are unable to make the appointment you should cancel it 24 hours in advance or a \$25 charge will apply.

The doctor's office does not offer medication such as antibiotics or birth control pills. However, the physician can write you a prescription and you can get it at a pharmacy. Warren said the nearest pharmacy to the college is at Pioneer Park off of Homer Watson Boulevard.

When it comes to tests, the doctor does offer pregnancy tests, but only if a woman is one week late getting her period, as well as pap

tests and complete physicals for men and women.

Warren added that she will monitor pregnancies, but only up to 28 weeks, and then she will redirect the patient to a different doctor.

The doctors' office also provides the students with other medical services such as a work-related physical examination, which could be requested by a company, a bus or truck drivers' physical, and requested doctor notes. However, these services are not covered by OHIP and a fee is charged.

There will be a list posted in the Health Services office, 2B06, with the fees of the services.

The office hours are Monday to Friday, 8:30 a.m. to 4 p.m. The doctor is in the office Tuesdays from 9 a.m. to 12:30 p.m. and on Thursdays from 9 a.m. to 3:30 p.m.

Rift needs Band-Aid

The rift between the United States and North Korea is so thick, it could be cut with a knife. But, hopefully, it will be resolved before a nuclear missile demolishes it.

Miscommunication and paranoia has put a wall between these two countries and peace talks, perhaps even mediated ones, could help to resolve it.

The crisis began in October when the United States said that North Korea admitted to hosting a secret nuclear program. After the announcement, the U.S. decided to stop shipping fuel to the communist country and to keep a close eye on its intentions.

In defiance against America's expectations, North Korea turned away United Nations weapons inspectors and promised to reactivate their nuclear facilities. Shortly after, they left an anti-nuclear pact, which was created in 1994.

The eastern Asian country, on the top of the Korean peninsula, decided to end its participation in the Non-Proliferation Treaty. The treaty is a consensus between several countries, to destroy all weapons of mass destruction.

North Korean Defence Minister Lee Jun announced that his country is prepared for an invasion by the United States. He stated that the Korean people would do everything in their power to protect themselves.

While President George W. Bush focuses most of his energy on the impending war in Iraq, a silent but deadly killer may be preparing for a larger war than he is expecting. With time and the proper resources, North Korea could inflict a significant amount of damage. In fact, North Korea may have more funding for their military than many westerners wish to admit.

A former citizen of North Korea told the Toronto Star that all aid from western countries is used to subsidize the North Korean military. This is a scary thought.

China offered to help end the tension between the United States and North Korea, according to a Chinese official. The neighbouring Asian country volunteered to host talks between the two countries, in an attempt to end the agonizing standoff. But the U.S. refused to comment on the idea and simply thanked China for its offer.

As a result, North Korea released a statement saying they are "running out of patience with Washington" and they threatened to use various options to "escalate the crisis."

The U.S. has offered to supply North Korea with energy and food aid if it withdraws from its nuclear programs. But, North Korea was not satisfied with the offer.

Russia has also offered to help resolve the escalating crisis. The Russian foreign minister said they are "pushing for security guarantees and resumption of economic aid to North Korea" if they destroy all nuclear weapons.

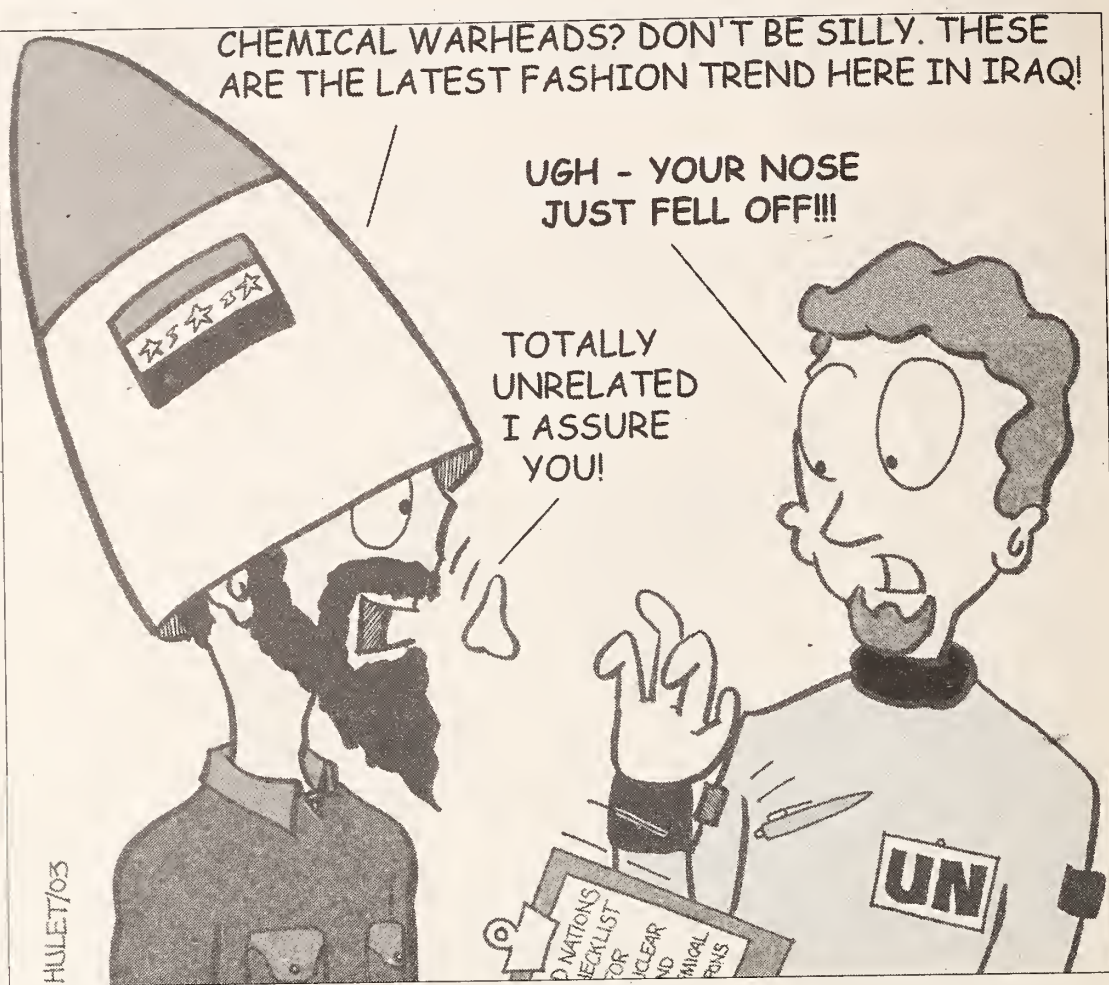
North Korea has stated that if the U.S. approaches appropriately and is prepared to compromise, they will suspend their nuclear programs. However, the U.S. has not responded to this request either.

The United States made a step in the right direction when they offered to supply North Korea with a written guarantee they would not invade. But a letter is not enough. The U.S. should try to arrange talks with North Korea in order to reach a mutual agreement.

The prospect of peace talks between the two countries may enable them to reach a consensus to settle the escalating tension. They must act now, before it's too late.

Rather than expecting other countries to place pressure on North Korea to end their nuclear programs, the United States should step up to the plate and resolve the conflict themselves.

Unfortunately, if the U.S. ignores it, it will not go away.



I'm addicted to award shows

And the award goes to ... insert the name of the flavour of the week here.

So it's the end of January and the onslaught of awards shows leading up to the ever-powerful Oscars is in full swing. But is all this really necessary? What exactly are they trying to prove?

The People's Choice Awards, the American Music Awards and the oh-so-prestigious Golden Globes have stolen hours out of our lives. And for what? Mostly last-minute plugs and publicity stunts.

I tuned in, mostly by accident, to the last half of mid-January's People's Choice Awards. After sitting through an hour of meaningless speeches delivered in most part by people I didn't care about, I suddenly realized I was never going to get that precious time back. I vowed then and there that I was through with awards shows.

I lasted one day.

The American Music Awards stole my evening on Jan. 13. Now,



Julianna Kerr

Opinion

I love music, but that certainly wasn't why I watched the show. In fact, after sitting through it, I realized I hated pretty much all of the music involved. So why did I tune in?

Two words. The Osbournes. Specifically Ozzy Osbourne.

Any of you who watched the surprisingly dismal presentation will remember that the unpredictable Ozzy was on stage that night for a total of about three minutes.

Another night shot.

By the time the Golden Globes rolled around on Jan. 19, I had officially sworn off painfully boring awards shows. That was it. I was done. No more time lost for-

ever on celebrity accolades.

And then I caved.

I know, I know. What was I thinking? And it gets worse.

Not only did I sit through three hours of weeping TV and movie stars, but I also watched the pre-show interviews on the red carpet. And yes, I am quite ashamed of myself.

So what I figure is this: I simply cannot help myself. When it comes to celebrities, particularly movie stars, I get sucked in at the first sequined glimpse.

The strange part is that I honestly couldn't care less about what they're wearing or who wins what. I guess I'm addicted to the proverbial glimpse of how the other half lives.

So while I'll swear up and down that come Oscar night I will not be seated on my couch in front of the blaring TV, I fear no amount of swearing will make it so. So, with that in mind, I give in.

Maybe next year.



Letters are welcome

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No unsigned letters will be published.

Letters should be no longer than 500 words.

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Reality TV fails to reflect everyday life

Turning on the television set is supposed to be an escape from reality. Isn't it?

Movies, television shows, soap operas and music videos all take us away from our everyday lives and allow us to drown out reality.

But with all these new shows that the television networks call "reality TV," is turning on the television about getting away from the everyday anymore?

In my opinion, I think that although they call it "reality TV," it's really not.

I mean, watching people eat pig anus, live on an island with nothing to eat but rice, and picking out the love of their lives after six weeks, is entertainment to me; entertainment that we would not encounter on an everyday basis.

As many people claim to find reality television ridiculous and a waste of time, it's not too often you won't find them indulging in one of the many shows that are now on television.

From Survivor to the Osbournes to Fear Factor, you can see just about anything you can't find on regular television shows.

However, not everyone who appears on these shows are pleased to do so. A few people who were surprised by some practical joke shows are now suing the producers.

One couple checked into a hotel



Kate VandeVen

Opinion

and found a dead body in their tub. When they tried to leave, security guards and a paramedic detained them.

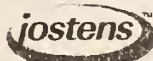
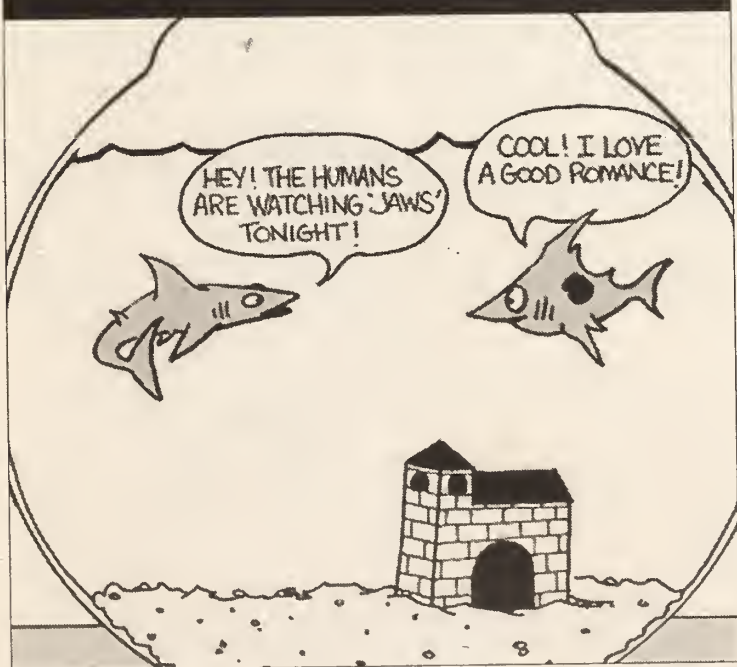
Another man who was catching his plane was told to lie down on the conveyor belt and pass through the X-ray machine. After the stunt, he was cut and bruised all over his body.

Although many of us like to watch these types of shows, I wonder how many of us would like to be on the other side and be the people who are being watched.

Now that reality television has caught on and become popular, I am sure we will be seeing more and more shows, all with the same premise, just some with everyday people and others with celebrities.

But no matter how many new shows they come out with, I know I will become hooked on most of them, not because it is so-called "reality," but because it is entertainment that makes me laugh and in some cases, such as The Bachelor, makes me sit at the edge of my seat until the final decision is made.

THE FREAK SHOW by Marc Hulet



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Health Canada announces new labelling law

By SARAH McGOLDRICK

There is some great news for diet and health conscious Canadians. Health Canada has announced as of Jan. 1 it will require new nutrition labelling on Canadian food products. Large companies have been given three years to comply, while smaller businesses have been given five years. The Canadian Food Inspection Agency will enforce the new rules.

Health Canada says that, on average, the economic burden of a poor diet is \$6.3 billion a year in which \$1.8 billion of that is allocated to health-care costs.

Current research shows Canadians are interested in knowing the nutritional value of what they eat. The new labelling will make it easier for people who suffer from diabetes or heart disease to make healthier food choices.

Prepackaged foods must now list the specific amount of calories, fat, saturated and trans fat, cholesterol, sodium, carbohydrates, fibre, sugar, protein, vitamin A, vitamin C, calcium and iron. This is now a mandatory requirement for food companies. However, there are some foods that are not required to carry labels. These include alcoholic beverages, fresh fruit and

NUTRITION INFORMATION NUTRITIONNELLE	
CAROB HAZELNUT COOKIES	
per 15.7 g serving per portion de 15.7 g	
Energy/Energie	80 Cal 335 kJ
Protein/Protéines	0.6 g
Fat/Matières Grasses	4.8 g
Polyunsaturates/Polyinsaturés	0.4 g
Monounsaturates/Monounsaturés	2.1 g
Saturates/Saturs	2.0 g
Cholesterol/Cholestérol	8.0 mg
Carbohydrates/Glucides	11.0 g
Sodium	104.0 mg
Potassium	43.0 mg
PERCENTAGE OF RECOMMENDED DAILY INTAKE POURCENTAGE DE L'APPORT QUOTIDIEN RECOMMANDÉ	
Vitamin A / Vitamine A	3%
Vitamin C / Vitamine C	0%
calcium / calcium	5%
iron / fer	1%

(Internet photo)

A new Health Canada law will require all Canadian food products to carry nutritional information like the sample above.

vegetables, single ingredient raw meat and poultry, with the exception of ground meats, and single ingredient raw seafood.

Food labels or advertisements that feature a health claim must now include nutritional information, such as those foods that have had vitamins, minerals or sweeteners added.

The new labelling has been standardized requiring the content to be displayed in an easy-to-read format.

The current format requires nutrient information to be labelled based on a specified amount. It will now require the daily value

percentage of nutrients in a portion of food followed by a list of things such as calories and carbohydrates.

Further regulation will require any health claim such as something being "free" of fat or calories means that the content of the nutrient is insignificant. If the company advertises a product as "light," it must be followed with exactly what it is light in, such as reduced in fat or low in fat.

Information on nutrition labelling can be found by calling 1-800-O Canada or by visiting the Canadian Food Inspection Agency Web site at www.inspection.gc.ca.

From the Sanctuary

"Support your bar or you could lose it"

Conestoga students should be thankful they have a student bar on campus they can still attend.

The 20,000 students at the University of Waterloo found out on Jan. 20 that they've lost the right to access both of their student bars until further notice. While the closure of the Bombshelter Pub and Fed Hall is a result of an incident on New Year's Eve, the loss of those two spots on campus have created a significant void in student life.

Of course Conestoga Students Inc. is looking very carefully at the incident at Waterloo to ensure it does not happen at Doon or at the Guelph and Waterloo campuses if there is a licensed student event at those campuses.

A big part of the problem on New Year's could be attributed to non-students being the cause of this entire fiasco. Had those non-students not been there, it might be safe to presume the Conestoga grad beaten that night would not be in the condition he is currently in.

This incident leads to the CSI being even stricter with the sign-in policy for licensed events for non-students. It could also lead to something more drastic such as revoking all non-student privileges for student-run licensed events at the Doon campus.

Quite simply, the CSI cannot have an incident in the Sanctuary like what happened at Fed Hall. For such an incident to not happen in the Sanctuary, obviously our students need to support the Sanctuary.

The CSI firmly believes our students are well-behaved when it comes to partying in the Sanctuary. To go even further, the CSI believes the students of Conestoga care about what happens to student life on campus.

Caring about student life is one thing, supporting student life is an entirely different issue.

The Sanctuary can hold a lot more than the 40 people who regularly attend CSI licensed events. The CSI does understand there are issues surrounding the Sanctuary and is working to fix them. Rome wasn't built in a day and neither will the success of the Sanctuary happen overnight.

But in the meantime, students are urged to try something different. The CSI is encouraging the students to drink in the Sanctuary on pub nights. Simply put, there is no other bar in town for our students to go to that is as safe as the Sanctuary.

Where else will you find over 10 security staff and two paid duty officers that are having as much fun as you are, even though they are keeping you safe?

You can't find that anywhere else in town.

Remember, steps are being taken to give students what you want for your bar. But no matter how many changes are made to the bar, the CSI will keep it safe and fun.

And keeping the bar safe and fun and full of people will ensure the bar won't be closed.

-A message from Conestoga Students Inc.-

A child is waiting for your help today

By REBECCA LEARN

College students can make a difference to a child who needs a role model in their life.

The Big Brothers and Big Sisters of Kitchener-Waterloo provides opportunities for students to become friends with a child who just needs someone to spend time with and talk to.

"Knowing that you're helping a child and seeing those goals being achieved and the difference you've made in that child's life, it's totally rewarding," said Rana Abdallah, 24, a caseworker for Big Sisters of Kitchener-Waterloo.

Abdallah said, "You only need to volunteer three hours of your time a week to a child in need of emotional support" for a period of one year. You need to be 18 years of age or older to be a Big Sister.

She said there are more than 70 children waiting right now, most who "have a hard time constructing friendships" or "have newly immigrated to Canada."

"There are a lot of kids out there that just need a friend," she explained.

Big Sisters promotes "low cost or no cost activities" Abdallah said. Going out into the community and doing fun things that don't cost a lot of money is recommended. They can do whatever their common interests are, including going skating at City Hall or doing a craft together. The

pair get to have a friendship that's non-judgmental outside of their home.

Many of the kids come from dysfunctional families which causes them to have low self-image, Abdallah said.

These children are looking for "someone to encourage them and help instill self-esteem," she said. Many of the children are bullied at school and are looking for a safe relationship where they won't be put down.

The Big Sisters has just recently merged with the Big Brothers although they are still in separate offices.

George Potter, 54, of the Big Brothers of Kitchener-Waterloo, said that people who want to become a Big Brother "have to call the office and make an appointment to come in and see us. It's kind of like you have to apply."

He said, "Something like 23 per cent of the families in this area are run by single parents."

With Big Brothers kids have a solid male influence that they can turn to, he said. A lot of the kids come from father-absent homes.

As a Big Brother many men get a lot of fun out of being with a younger kid. "Boys are boys forever. They tend to like doing kid kinds of things."

Big Brothers can be e-mailed at bbkw@bigbrotherskw.com or call (519) 579-5150. Big Sisters can be reached at admin@bigsisterskw.org or (519) 743-5206.



(Photo by Michelle Taylor)

Not all small dogs, such as this Jack Russell terrier, are suited for apartment living. Some larger dogs have lower energy levels and would adapt better to living in a small space.

Dogs can thrive in apartments

By MICHELLE TAYLOR

With most college students living on their own, some companionship would undoubtedly ease the stress and boredom of everyday school.

How about waking up to something slobbering all over your face and begging for love?

Dogs can be an ideal roommate, but with most students living in apartment buildings or townhouses, keeping a dog healthy and happy can be a challenge.

Janice Reynolds, supervisor of dogs and cats at Super Pet in Cambridge, said comparing only small breeds when looking for an apartment dog can be a mistake. "Size is not a factor for breeds. Jack Russell terriers are small, but they do not make good apartment dogs," she said. "On the other hand, bulldogs are a larger breed, but they make good apartment dogs." According to Reynolds, Jack Russell terriers bark too much

and have a high-strung nature, while bulldogs are laidback and tend to be quiet.

An online magazine called Dog Owner's Guide agrees. It lists low-energy dogs such as the corgi, Shetland sheepdog, dachshund, beagle and cocker spaniel as ideal apartment dogs. Larger breeds that would do well in an apartment as long as adequate exercise is provided include: Newfoundlands, dobermans, collies and malamutes. These are just a few examples the Dog Owner's Guide lists as medium-energy dogs. They are large breeds, but are still able to thrive in an urban environment.

High-energy dogs the online magazine lists as breeds that would not do well without daily exercise are: retrievers, border collies and coonhounds.

The magazine does make a note that any breed can be an apartment dog as long as adequate exercise and obedience training are provided.

Some breeds can be noisy such as terriers and guardian breeds, but training can help. Purchasing a guardian breed, such as a rottweiler, doberman or German shepherd, from a reputable breeder who concentrates on "mental health" is essential, according to the Dog Owner's Guide. This can help guarantee an animal with a good temperament.

Being left alone for a long period of time and having little exercise can cause some dogs, especially high-energy breeds, to be destructive. The Dog Owner's Guide and Dogs Annual in Canada, a magazine for dog lovers and a guide to top breeders, suggest crate training. The Dog Owner's Guide calls the crate a "modern dog den." Crate training can assist with a dog's house training and it provides a "safe place" for the dog to go when it wishes to be left alone. Dogs Annual suggests a dog can be comfortable left alone in a crate for the "same number of hours as their age in months, plus one." Therefore, a six-month-old dog can be left alone for seven hours. The most

important lesson a dog can learn is "how to be alone."

A crate becomes a dog's home, so while the owner is away there is less chance of it behaving destructively. "I was totally against it with my first dog. I thought it was cruel," Reynolds said. "Now with my second dog, who is a chewer, I highly recommend it. (The crate) is his safe haven."


Crates come in various sizes and range in price from \$30 for a small plastic crate to \$120 for a large metal one.

Reynolds said there are now products geared toward apartment dogs such as the Puppy Go Potty. This product works basically like a cat's litter box. It is a large plastic tray in which you put "litter" to train your dog to relieve itself inside the tray, so it does not need to necessarily go outside. A dog's "litter" consists of compacted newspaper. A large tray can cost about \$60 with a bag of litter an extra \$10.

An apartment dog, above all, needs daily exercise to keep it healthy and happy. Some breeds need more exercise than others. "Some would prefer not to walk at all," Reynolds said. "So, it depends on the breed you have."

The Dog Owner's Guide suggests that low-energy breeds do not need extensive walks or "work-outs," but moderate exercise is suggested as well as proper nutrition. Medium-energy dogs need moderately long walks and a "weekly allowance of boisterous exercise." High-energy breeds need daily exercise of moderate intensity as well as obedience training.

With all this in mind, a dog can live happily in an apartment. However, a landlord's policies must be considered before purchasing a companion. Many apartments do not allow pets for various reasons. If you do live in a building that allows dogs, the Dog Owner's Guide suggests you clean up after your dog, keep it free of fleas, take your dog to obedience class and have it spayed or neutered in order to keep your landlord dog positive.



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Get off that couch, it's time to yoga!

By REBECCA LEARN

What do the words ashtanga vinyasa yoga mean to you?

To Karin and Robert Young, yoga teachers at the Conestoga College recreation center, they mean a lot because they teach it four days a week.

"Ashtanga means eight limbs and vinyasa means, roughly, the linking of postures with breath," Robert said.

Pattabhi Jois, he said, created this type of yoga and at the rec center they teach the primary series of movements and postures.

It was the first-Saturday class of the semester and the room was filled with people who just wanted to experiment with something new. "Ninety per cent of the people in the class were new," he said.

The exercises are meant to create a heat in the body, which enables people to stretch farther than they would normally be able to, Young said.

The Ashtanga yoga is different from the others because it focuses on the control of the eight limbs of yoga, which are the eight practices.

The different postures are also meant to restore alignment and balance to your body, he said.

In the class, there were many different stances where the people had to move all their weight to their heels or lean forward with their back completely straight.



(Photo by Rebecca Learn)

Karin and Robert Young teach the ashtanga vinyasa yoga class, which is available four days a week at the Conestoga rec centre.

Another aspect of yoga that creates control is the breathing process during the exercises. All of the breathing during the movements is done in through the nose and out through the mouth. While participants were breathing they had to have their abdomens contracted so that when they breathed it would move the lower abdomen rather than the chest.

"The tension is turned further and further inwards as the series of movements continues," Robert said. He added that it creates a balance in energy and every part is stretched.

He said that normally the movements are "very flowing" and the whole series is done in 90 minutes.

There are at least 40 types of yoga. For more information on

each type check the Web site www.yrec.org/fifty.html.

The Ashtanga yoga is different from the others because it focuses on the control of the eight limbs of yoga, which are the eight practices.

They are: 1. Yama (moral observance), 2. Niyama (inner integrity), 3. Asana (postures), 4. Pranayama (breath control), 5. Pratyahara (sensory withdrawal), 6. Dharana (concentration), 7. Dhyana (meditation), and 8. Samadhi (contemplation).

The couple has been teaching the classes since September. Anyone can take a yoga class, either just with Karin on Monday, Wednesday or Thursday from 12 to 1 p.m., or with Robert and Karin on Saturday from 9 to 10:20 a.m.

Yoga travelled many miles to become popular pastime

By REBECCA LEARN

It has existed for close to 5,000 years, is studied by many Buddhists and attempts to apply an order to daily living.

It is a practice known as yoga.

India's ancient religious texts known as the Vedas are written in a language called Sanskrit, which created the literature and technique of yoga. The Vedas are a group of hymns containing the oldest recorded yoga teachings.

Also, the word Sanskrit means "well-formed, refined, perfect or polished," and the Web site www.yogajournal.com says that these are the qualities exemplified in the practice of yoga.

"Yoga has come to describe a means of uniting, or a method of discipline," [yogajournal.com](http://www.yogajournal.com) says. A man who practises yoga is called a yogi or a yogin; a woman is called a yogini.

The practice was brought about by the Indus-Sarasvati civilization in northern India. It was devel-

oped by Vedic priests (those who studied the Vedas) "who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures," says the Web site www.yogabasics.com.

Between the years of 150-200, the Yoga-Sutra and the Brahma Sutra were composed says www.yrec.org. The Yoga-Sutra came to define classical yoga.

"The eight steps of classical yoga are 1. yama, or restraint, 2. niyama, or observance of purity, tolerance and study, 3. asana, or physical exercises, 4. pranayama, or breath control, 5. pratyahara, or preparation for meditation, 6. dharana, or concentration, 7. dhyana, or meditation, and 8. samadhi, or absorption in the sublime," says www.yogagallery.com.

"In the late 1800s and early 1900s, yoga masters began to travel to the west, attracting attention and followers." A woman named Indra Devi opened the first yoga studio in Hollywood in 1947.



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- γ a place to rest when you are ill

Is ultimate beauty worth the ultimate risks?

By ANDREA R SMITH

Cosmetic surgery can have amazing effects but what most people don't know are the risks involved.

"People who have health conditions such as diabetes, hypertension, lung disease, heart disease, high cholesterol, arthritis, emphysema, are malnourished, severely depressed, obese and/or smokers are not generally good candidates for cosmetic surgery," says the Web site www.smart-plasticsurgery.com.

In addition, you should be emotionally stable, have low stress and exercise.

The Web site also says that it is wise to drink less than five ounces of alcohol a week and limit caffeine.

Disadvantages to cosmetic surgery include the cost, inconvenience, discomfort and medical risk.

"Although it is extremely rare, people have died while having cosmetic surgery," says www.1800beyourbest.com.

Cosmetic or plastic surgery can

also be expensive.

Breast augmentation costs approximately \$3,000 and a buttock lift will run around \$3,700.

A face-lift will cost about \$5,000, liposuction, \$2,000, and a tummy tuck could be about \$4,200.

Smaller treatments such as laser treatment of leg veins would be around \$300 and a cellulite massage treatment goes for approximately \$230.

Factors that determine the cost of cosmetic surgery include geographic location, the expertise of the plastic surgeon, the number of areas treated, the amount of time and effort required of the cosmetic surgeon, cost of an anesthetist's services, operating room fees and lab fees.

"The most popular procedures for young women are breast enhancements and liposuction," said Dr. Claudio De Lorenzi, medical director of the De Lorenzi Clinic in Kitchener, adding. "For young men it is rhinoplasty (a nose job.) Older patients want their eyes or faces done."

Depression is common after having cosmetic surgery.

It is also important that you relax and get support from others.

Lorenzi said that the most common reason why someone might have cosmetic surgery is because what patients see in the mirror conflicts with what they feel inside.

While there are risks there are also many benefits. After cosmetic surgery many patients feel better about themselves and they feel more confident and satisfied.

"The best part of the job is being able to do things that no one else was able to do for a person," said De Lorenzi.

Factors for Depression after Cosmetic Surgery:

- * Medications, anesthesia and trauma of the surgery can have physical effects that will affect your emotional well-being
- * Stress and fear about complications and disfigurement
- * Adjusting to your new look
- * Family and friends' reactions to your surgery
- * Financial stress
- * Feeling guilty that you had the procedure done

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Chair, Professional Development - Edith Torbay	ext. 3381

Nominations open on January 13, 2003
Nominations close on March 14, 2003

OSAP not as easy as 1,2,3

By CARRIE HOTO

After the excitement of applying to college wears off, the next road bump you hit will be how are you going to afford it?

One financial option you have is the Ontario Student Assistance Program (OSAP).

OSAP is only available to full-time students; but not everyone who is a full-time student can receive it. Of course, as many students know, receiving the government-funded assistance is not that cut and dry. Only 50 per cent of the student body at Conestoga College collects OSAP, according to Paul Matresky, a financial aid administrator. "It (OSAP recipients) has gone down over the years because eligibility rules have changed since about 1996. The government has changed some of the rules and the general consensus is that it's excluding more students because they're tightening up," he said.

A full-time student by the OSAP definition means you need to carry 60 per cent of a full course load. According to the Canada Student Loans Program Information Guide, 2002-2003, you also need to, "Be a Canadian citizen or a permanent resident of Canada; demonstrate financial need; be enrolled in a degree, diploma or certificate program of at least 12 weeks in length at a designated educational institution; maintain a satisfactory scholastic standard; and pass a credit check if you are 22 years of age or older and applying for a Canada Student Loan for the first time."

There are two ways students can apply, online or by hard copy. The advantage to applying online is that it is free. The booklet costs \$10.

"Ninety per cent of students at Conestoga applied online," said Matresky, adding, "It's the method of choice."

"Four years ago there were about 25,000 paper applications handled (provincially), this year there were under 127 booklets processed at Conestoga," he said.

To apply online you go to <http://osap.gov.on.ca> and log on. For new applicants you need to create a pin number to make sure your information is kept secure, and

then you fill out the application. The online version is processed quicker. "You apply today, they (government) look at it tomorrow," said Matresky.

"In the upcoming year 2003/2004 they (OSAP) are going to be processing in real time. When the student is done online they'll get some sort of an answer right then," he said adding, "This is a major step in processing."

"Part of that is because of the double cohort. Applications will increase and enrolment will increase," Matresky stressed the importance of applying early for the new school year. "Don't get stuck in the backlog of the double cohort."

The average amount Conestoga students receive is between \$4,800 and \$5,400. Of course, there are extremes at each end. The money you get is split between semesters. In September you receive 60 per cent of your OSAP grant, and then in the second semester you receive 40 per cent.

One reason the government splits the money is, "If a student doesn't manage the money properly in the first term they have money to fall back on," Matresky said.

After you apply for OSAP, a computer does an assessment and determines how much money you need. Then there are three direct costs OSAP considers: books and supplies, tuition and compulsory fees. The government also provides two types of living allowances; one for people who live at home and the other for students who live on their own. The major difference is that students living away from home are allotted money for rent, and a higher food allowance in their OSAP money.

There are also two levels of loan assessment. One type of loan is for single dependants and the other for married or a sole-supporting parent. The maximum amount a single dependant can receive is \$9,350, and the maximum a married or sole-supporting parent can receive is \$17,000.

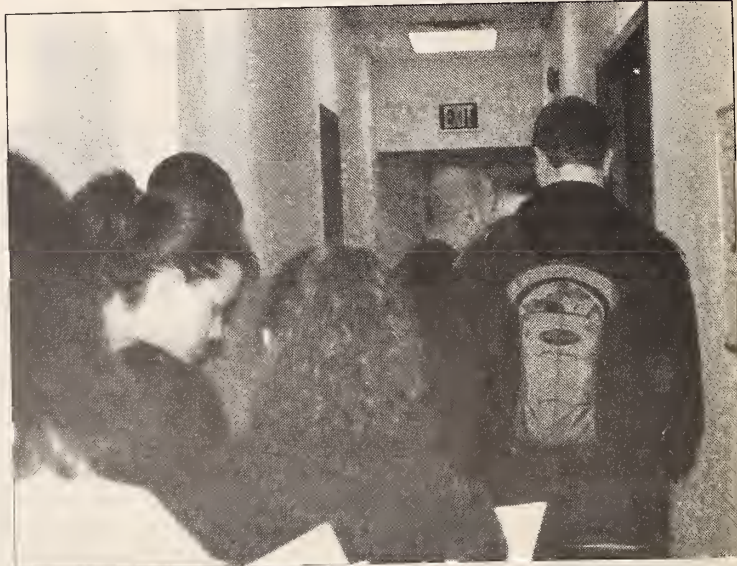
For people who weren't classified as eligible for OSAP but, due to exceptional reasons, need the money to continue school, there is an appeal process students can go

through. For more information contact the financial aid office.

Nobody is perfect and this includes the government. Sometimes students can receive extra money on their OSAP cheque. "The student doesn't know when they receive extra money," said Matresky, adding, "If someone was overpaid by \$400 once and then next year they get \$2,000; they have to pay back the \$2,000 before being processed." Until you are able to pay back the extra amount you owe there is a hold put on your OSAP cheque. Once you have paid your outstanding dues, you bring in the receipt and then the second part of your loan can be processed. However, Matresky said, "OSAP always allows the student to carry over one extra payment on your file." Therefore, the student would be able to keep the \$400 without consequences, as long as it was their first overpayment. "This is a get out of jail free card." If, however, it is your second overpayment, the government sends you a letter in late November or early December letting you know of the mistake. "It's bad timing," said Matresky. The government used to do random checks to make sure students received the right amount; today, the government checks every applicant. "About 400 students this year got a letter," he said. There is a flip side to this system as well. If you only receive \$250 extra the government overlooks it.

"The financial aid offices across Canada are trying to get that number bumped up," said Matresky, adding, "That may or may not happen. It's open for discussion, but the government has the final say."

OSAP seems pretty great, until you are finished school and have to



(Photo by Carrie Hoto)

Students lined up, once again, outside the Registrar's Office to receive their OSAP cheques for this semester.

start paying it back. Once you have completed school you have six months before you have to start paying back the money you owe. However, between those free six months, interest is growing. Currently interest on your loan is Ontario prime, plus 1.5 per cent, and federally it can go as high as prime plus five per cent. Interest starts the month after you graduate.

"In 1996-97 it used to be you were covered for interest for the six months. Not anymore," said Matresky.

It also used to be that you paid back your loan through banks. That has also changed. Now you pay directly to the National Student Loans Service Centre (NSLSC). What the NSLSC does is they go through consolidation and figure out how much the student owes and then they figure out the minimum

payment for you. They also inform you when to pay.

For a student in a full-time, two semester program, they can only carry a maximum of \$7,000 of debt. So, if the student receives \$8,000, they will still only have to pay back the \$7,000. But the average amount a student gets is only around \$5,000. This program only benefits students who receive the maximum amount.

The OSAP program is not yet fully integrated between the federal and provincial government. The two major differences between the two are the common law definition and the difference in the amount a student can earn while in school. "One day it will be (integrated), but it's a very, very slow process," said Matresky, adding, "There's still a few bumps in the road."

COUNSELLOR'S CORNER: Multiculturalism

Have you recently moved from your home country to Canada? Is English your second language? Are you on international student visa, of landed immigrant status, or did your family originate from a country other than Canada? Have you recently emigrated from a war-torn country? Are you dealing with issues such as culture shock, unfamiliarity with college or community resources, racism, or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates a wonderful opportunity for growth, learning, and diversity. However, it can also pose transition issues for those who are new to the country and the college.

If you feel you need support dealing with these transitions, help is available. You can talk to your teachers, classmates, friends, or counsellors in Student Services. The Multicultural Support Group offered through Student Services provides an opportunity to meet new people and talk about issues related to being in a new country. The Peer Host Service offers one-on-one matches with your peers for the purpose of support and friendship. To learn more about resources at the college and in the community, visit Student Services.

A message from Student Services (Room 2B02)

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Ultimate Questions

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Defeat debt before it defeats you

By MARCY CABRAL

As the end of the month approaches he begins to get nervous. He checks his dwindling bank account and pulls out a heap of bills from a desk drawer. He begins to sort through them, Visa, MasterCard, cable, telephone, insurance, and decides which are critical and which can wait another month.

For many individuals, especially students, this monthly routine is, ironically, causing more Canadians to get deeper into debt, rather than get out of it.

According to Brad Miller, a financial services representative for TD Canada Trust, people get into debt most frequently by using borrowed money, such as credit and loans, to pay for things they don't need, or even worse, can't necessarily afford.

"Sometimes students will go out and get loans and not put all the money towards school," he said. "They may use \$2,000 for tuition and then go out and buy new clothes or something with the rest. People treat it (the loan) as their own money and not borrowed money."

Miller suggests viewing the funds like borrowed money from the minute they enter your account. He believes in doing so, you're telling yourself that you actually have zero dollars and not what's appearing in your account, or on your bank statement.

Jonathan Sawyer, a recent graduate from the University of Waterloo, wishes he had heard Miller's advice before he got so far into debt. Currently, Sawyer owes \$20,000 in OSAP loans, \$15,000 in student loans from two different banks and has maximized his two credit cards at \$2,500 each, for a grand total of \$40,000.

"My first year I was really diligent about paying off my credit cards and living on a budget," he remembers. "But after a year of being so careful I got tired of it and



(Photo by Marcy Cabral)

Controlling your funds is a hard task, but once you get into debt, it's hard to get back into the black.

decided it was time to have some fun."

But in this case, Sawyer's fun cost him a little more than he originally anticipated.

He began to host parties at his apartment, frequent clubs and bars both in town and in Toronto and began purchasing more items. After about six months of pulling out the credit cards and debit card, Sawyer's cash flow quickly disappeared.

"When I got my first declined message on my credit card I knew I was in trouble. I think I had about \$20 in my account and I hadn't paid my rent for the month. I was in trouble."

At the bank, Miller hears stories like Sawyer's all the time. He helps people out as much as possible, but ultimately says it's the individual who has to want to change his spending habits in order for Miller's suggestions and tactics to work effectively.

For someone in Sawyer's position, Miller suggests consolidating all loans and monthly payments. Through consolidation the individual is making one equal monthly payment, instead of paying separate minimum payments on each bill. Miller also highly recommends keeping your credit cards to a minimum, and having an absolute maximum of two cards with moderate limits.

"Start keeping track of your monthly spending with a running list," he advises. "You don't have to get all fancy and use a computer program, just write down your purchases. Also, decrease the limits on your credit cards and use your debit card more often so you're using money you already have and the cash is immediately removed from your account."

So far, Sawyer has followed the advice of his personal financial analyst and no longer has a credit card. He says he will not apply for one

until he pays off his current obligations to Visa and MasterCard.

"I have to admit that I do miss the convenience of throwing down a credit card on the counter," he says. "But now I only purchase items that I can afford at that time. If I can't pay for it, I don't buy it. It's that simple. Too bad it took going into debt for me to learn that."

Though he regrets his youthful actions, he doesn't begrudge himself for making a mistake. He sees his debt obligations as a lesson learned and a mistake he will never repeat. He also views it as an opportunity to change his life.

He now knows the importance and value of saving money and looking to the future, a lesson he believes he may have never learned if he continued down the path to bankruptcy.

Miller wishes others would learn from Sawyer's mistake before getting themselves in too deep, but

attributes the high number of people living in debt to society's changing mentality and constant desire to have a higher standard of living.

"People can get credit anywhere," he says. "Even people with the worst history can get credit from somewhere else if the bank won't issue out a card. People also seem to have this new mentality that they are owed something and deserve to live a higher standard of life, a standard that they can't necessarily afford. People are thinking about today, and living in the now. They're not saving for the future, which is important."

He also stresses planning for the unexpected, as well as the future. He agrees that it's nice to have expensive things, but what will those things cost you 20 or 30 years down the road when you're still paying them off. He believes everyone should be investing for his or her own future. Every investment does not involve risk-taking, he says. People can save simply by putting money into an account they can't touch for a certain period of time, or by creating an account and telling the bank you don't want any cheques or debit cards issued. He also recommends talking to a financial expert as soon as possible, before the debt gets out of control. It's their job to help so don't be embarrassed.

After taking the advice of his financial analyst, Sawyer can now breathe a little easier when the end of the month approaches. He still has a lot to pay off before he can call himself debt free, but he's slowly getting there, month by month.

"I'm paying off my loans and I'm even able to save a little extra," he says, smiling. "I don't dread the end of the month anymore. But don't get me wrong, I still hate paying bills. But at least now I know that I can pay them without having to claim bankruptcy any time soon."

Credit cards leave students with high debt

By VALENTINA RAPOPORT

Did you stop last week to fill out a MasterCard application in the hall?

Whether you did or you didn't, by now you should really be aware of how the world of credit works. Today it seems as though having good credit means everything. But what is good or bad credit? And who decides?

With credit cards commercials advertising living the life of luxury and online companies only accepting plastic, having a credit card is becoming more of a must instead of a choice. For many students, putting it on credit is the only way to afford tuition, gas, and everyday expenses. According to advertisers, banks and most other financial institutions, having a credit card is the best way to build credit. Being available to landlords, employers, car loan companies and many others, your credit report is a serious thing.

Frank Lapierre, a Wilfrid Laurier University graduate, says for him having a credit card came by

obligation, not by choice.

"I needed more money for school because OSAP (Ontario Student Assistance Program) simply wasn't cutting it," he said. "At the time I also thought I would establish good credit."

Having obtained his first credit card just six months after he turned 18, Lapierre would begin a financial journey into owning eight credit cards. Now an insurance calculations associate at Clarica in Kitchener, Lapierre feels in control of his debts but says as a student he went through some hard times.

"Although I did use the majority of my cards for school and tuition, some definitely went towards other spending," he said. "I was paying off only interest. It came to a point where I had to keep my cards at home so I wouldn't use them."

While being in debt worried him, Lapierre said having a plan to pay off his cards was what got him through hard times. By talking to his parents and watching financial advisory programs, Lapierre was able to make better decisions to obtain financial stability.

"Some of the cards I had would offer a period of low interest rates. I would use those cards to pay off my other cards. This in the end helped cut down my debts because I was at many times avoiding high interest rates."

Nevertheless, students are still among those who are the highest in debt. According to the FCAC (Financial Consumer Agency of Canada), which is responsible for enforcing federal laws that protect consumers, less than 50 per cent of all credit cards held by students are paid off each month and the average college student carries a balance of over \$2,700 on his or her credit cards. Located at www.fcac.gc.ca, the site also outlines advice on how to build and obtain good credit. The number 1 suggestion outlined on the site is to request a copy of your credit file at least once a year. Although it usually costs money (between \$10 to \$30) to obtain your report, it is worth it. This is a good idea in order to check for any mistakes on the report as well as knowing exactly what creditors are reading about

you. Other suggestions include: always paying your bills on time, arranging alternative payment options with creditors if you have problems meeting bill due dates, examining credit card applications thoroughly before signing, and never exceeding credit limits on your credit card.

So how do you know if you're on the road to financial disaster?

According to www.bad-credit-personal-adviser.com, the first step is to calculate your Debt-to-come ratio. By adding all your monthly expenses and multiplying the total by your monthly gross income you get the percentage of your debt-to-come ratio (don't forget to multiply the result by 100 to get a per cent). Lenders who look at your credit report do this same calculation to decide whether you have good or bad credit. Good credit is considered to have a debt-to-come ratio of 28 per cent to 35 per cent. While different companies vary in flexibility, most do go by this outline.

"If you're debt-to-come ratio is higher, lenders see it as a signal

that you have more debt than you can handle," reads the site. This in the end results in bad credit.

Bad credit history can stay on your file for up to 10 years, denying you future loans or even a mortgage.

As for Lapierre, although he is paying an average of 18 per cent interest on his credit cards, he says he currently has no problems paying his credit card bills and says he has learned from experience. While he agrees being responsible with credit cards is the main key to overcoming financial stress, Lapierre believes many students, who usually work at low-paying jobs, are forced into obtaining credit cards and therefore, by no choice of their own, usually end up in debt.

"It really bothers me that the government is not willing to give more money to students but rather let them borrow from credit companies that charge high interest rates," he said, adding, "It's unnecessary for student to be dealing with such high debts during school."

Region lighting fire under tobacco retailers

By DENIS LANGLOIS

On a windy day late last year, a teenager approached the counter of a Kitchener convenience store. There, a male cashier asked him what he would like to purchase.

After a short pause the customer responded, "A pack of DuMarier Light, please."

The employee reached for the cigarettes and placed them on the counter, beside a large cash register. The cashier looked at the customer for a moment and then asked for the money.

The employee, although he may not have realized it, broke the law when he made this sale.

That's because the 18-year-old customer was under the minimum age necessary to purchase tobacco-related products in Ontario.

In an attempt to discover the availability of tobacco products to minors in Waterloo Region, I accompanied an underage smoker into a convenience store to see if he would walk out with cigarettes. And he did.

The owner was contacted and maintains his store never sells tobacco-related products to minors, but admits they may have been caught off guard this time.

He says his store has passed previous tests by public health inspectors and has had no complaints regarding the sale of tobacco to minors. He also says the person who sold the cigarettes may have been new and forgot to ask for identification when making the sale.

The Ontario Lung Association claims 45,000 Canadians die each year because of tobacco-related illnesses. The Liberal government has created a Federal Tobacco Act to protect minors from the deadly effects of cigarettes.

However, some retailers fail to ask for identification and continue to allow minors to buy cigarettes.

According to Health Watcher, a U.S.-based consumer health watchdog, which exposes health scams, there are many areas in Waterloo Region where minors are able to purchase cigarettes with no hassle. They say "the entire city of New



(Photo by Denis Langlois)

Valerie Glover, an 18-year-old high school student, lights a cigarette outside her school. Glover says she has no problem buying cigarettes from Kitchener convenience stores, even though she is under the legal age to purchase tobacco in Ontario.

Hamburg is rampant with sales to minors and the areas around University Heights, Cameron Heights, St. David's and St. Mary's high schools in Kitchener are also known for selling to minors."

They say students are able to obtain tobacco at certain nightclubs during all-teen nights in the Kitchener-Waterloo area.

The Region of Waterloo Environment of Health and Lifestyle Division claims fewer charges have been laid in Waterloo Region, compared to other areas.

Kirk Monck, a public health inspector with the division, says merchants in Waterloo Region comply well with the Tobacco Control Act by refusing to sell to minors.

"The goal for 2005 was to have more than 90 per cent compliance in the area," he says. "We were actually able to achieve that number two years ago and we are improving each year."

The Tobacco Control Act, which is enforced by the region, deals

with three main sections. They set out guidelines for sales to minors, enforce laws against smoking in prohibited places and ensure there is a proper number of age-restriction signs in stores.

Unlike other crimes, the sale of tobacco to minors is dealt with by the environment of health, rather than by police.

The division has three main functions. First, they are in charge of conducting routine inspections of area stores that sell tobacco. Second, they ensure area merchants are complying with the Tobacco Control Act by having proper age-restriction signs throughout the store and a lack of advertisements for tobacco products. Third, the division hires test shoppers who attempt to purchase cigarettes from retailers.

Monck says the division hires minors through newspaper ads and by contacting colleagues who have children under 19 years old.

In order to hire the person,

Monck says the test shopper must go through a strict interviewing and screening process. He says a panel of 20 employees must agree the subject looks under the age of 17 in order for them to be hired.

"We don't want to trick anyone (the merchants)," he says. "Our job is just to make sure the merchant is checking identification properly."

If the store is caught selling tobacco to minors, he says there is a specific procedure the health department uses.

If a retailer sells tobacco-related products to a minor once, they aren't charged but are sent a warning letter and are educated on the consequences of selling to minors. If a merchant sells to a youth a second time, they are charged \$215. If they are accused a third time, they are suspended from selling cigarettes for six months and fined.

Monck says a business can be charged up to \$75,000 if they continue to sell tobacco to minors.

The environment of health also deals with adults who buy cigarettes for minors. These "third-party suppliers" are also charged under the Tobacco Control Act and can get fined up to a maximum of \$50,000 if they continue to buy tobacco for minors.

"These suppliers are treated like retailers," he says. "They are charged under the same section of the law."

In a March 2001 report, Health Canada says 69.8 per cent of retailers comply with the Tobacco Sales-to-Minors Legislation.

Cities with the highest compliance rate include Toronto, Regina,

Medicine Hat, Alta., and Saskatoon. Quebec City, however, had the lowest compliance rate in 2001 with only 18.5 per cent.

In Ontario, Health Canada reports 83.7 per cent of retailers refused to sell to minors, an increase of 21.5 per cent since 1995.

Valerie Glover, an 18-year-old high school student from Owen Sound, Ont., says cigarettes are easily available to underage students in the Waterloo Region.

"I have no problem getting them," she says. "I have only been asked for identification once and they sold me them anyways."

Glover, who has family in the area and plans to attend the University of Waterloo in the fall, says convenience stores in Kitchener are the easiest places to get cigarettes.

"It's easier than back at home, that's for sure," she says.

Although she may look older than 18, Health Canada and other tobacco-enforcing bodies encourage retailers to ask for identification if the customer appears under 25 years of age, rather than 19.

After many frightening reports on the consequences of smoking have been released, the environment of health and the Ontario and Canadian governments are trying to crack down on underage smoking by informing the public about possible side effects and health risks.

The Lung Association of Ontario says "of every 1,000 Ontarians aged 20 who smoke, more than half will die from smoking if they continue." And people who begin smoking at an early age contribute to the 12,000 smoking-related deaths in Ontario.

They say because 22.6 per cent of students smoke, minors should be educated on the effects of cigarettes as early as Grade 6.

The Canadian Cancer Society reported that in 2001 21,200 people died in Canada because of tobacco-related cancer. They say about 30 per cent of all cancer deaths are because of smoking.

The Heart and Stroke Foundation reports that 21 per cent of Grade 6 boys have tried smoking and 14 per cent of girls have tried it. They say heart disease rates are 70 per cent higher for smokers.

Even though each of these organizations spend millions of dollars a year on smoking prevention and awareness campaigns, many teenagers continue to light up.

But, for now, there is one piece of good news. The Canadian Cancer Society recently reported the number of underage smokers in the country has gone down.

"Smoking rates for youth have begun to decrease in recent years, from 28 per cent in 1999 to 22 per cent in 2001."

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Pricey hobby is serious business

By MICHELLE TAYLOR

Bored?

If you have determination and some money to spend, the world of miniature aviation may be for you.

The hobby of building and flying radio-controlled (RC) airplanes is a serious business involving a lot of time.

Scott Gray, whose father is the owner of a hobby store located on Victoria Street North in Kitchener called Flite Craft Models Co. Inc., flies airplanes and helicopters in his spare time and is a member of Team Canada for helicopter competitions.

Currently, he is first in Canada and will be attending the world championship in Japan this May. According to Gray, you must first qualify in order to be picked for the world team. "You qualify in a competition held the summer before," he said. "The top three will then go to the championship."

The world championship involves 30 countries and is very much like a "little Olympics" for model machines.

"People take it as seriously as golf or hockey," Gray said. Competitions also include aerobatics, precision flying with tricks such as loops and swirls, which is popular during small air shows. According to Gray, the competitor is judged on precision and looks. Hobbyists put a lot of effort into painting and "sprucing

up" their airplanes. Many planes are built to scale with attention paid to the tiniest detail.

At Flite Craft there are hundreds of different models to choose from. Most beginners start with a starter kit, which includes pre-cut pieces and all the necessary parts in order to build the airplane. An engine is extra. Gray said a basic starter kit can cost about \$600-\$700. A basic engine will cost about \$100.

Harry Mazmanian, an interior maintenance supervisor for Stone Road Mall in Guelph, said you have to have the time and the money to build an airplane. He started building his plane while he was on a tour-of-duty with the military. "We were stationed up near the North Pole. Up there it's very dark and you need to keep yourself occupied, so I brought the plane with me." It took him about six to eight months to build it at a cost of approximately \$1,200. "With gas tanks, wheels, controls and little parts that add up, it can be very expensive."

Both Gray and Mazmanian have been interested in building models since they were children. Harry only started building his airplane in his adult life, but the 22-year-old Gray has been around model airplanes his entire life. His father has owned Flite Craft for the last 16 years and they have a real airplane of their own which Gray, who graduated from the general arts and sci-

nce-aviation option program at Conestoga College, flies himself. He hopes to get a job as a commercial pilot.

In addition to the starter kits, hobbyists can build a model airplane from scratch by designing their own models. Flite Craft has everything you need, from dummy people and landing gear to radios (controllers) as big as two hands. RC cars, boats and helicopters are also popular. Starter kits for boats range from \$250-\$600. RC cars range from \$300-\$700. Helicopters are more expensive with pre-built helicopters, which Gray has used in competitions, in the \$1,000-\$2,000 range. Most of the pre-built airplanes hanging from the ceiling of Flite Craft belong to customers who want to sell the models they have built.

There is also the extreme end of miniature aviation. Gray said some extreme hobbyists build jets with actual turbine engines. "You're looking at about \$10,000, but you can fly at approximately 480 km/h and go as far as you want to."

Before you pick up just any remote, you have to have a little bit of training as well as some insurance. Mazmanian said he has only flown his airplane once because he needs to be taught how to fly it. Most clubs will help those who are just learning, but Mazmanian said many members are already experienced and don't have time to teach



(Photo by Michelle Taylor)

Scott Gray, 22, shows off one of his helicopters for sale at Flite Craft Model Co. Inc. Gray will be competing in the world championship for miniature aviation this May in Japan.

someone. So, by the time you are done building an airplane, you may still have to wait awhile before you get it up in the air. Most clubs have a registration fee which includes the necessary insurance just in case an airplane crashes into someone's car or house.

Building model airplanes with engines is not for everyone. "You have to be willing to have patience because you must be precise," Mazmanian said. "If you don't get the hinges right or there is a warp in the wings a lot can go wrong."

Both Mazmanian and Gray agree that building model airplanes is an excellent hobby for people who are retired. "It's perfect for people who have a lot of time and money to spend," Gray said.

Mazmanian said building airplanes has always fascinated him because it's something remote instead of strings attached. Gray, who owns six model helicopters and four airplanes, said the hobby business is popular. "It's a lot better than sitting in front of the TV or drinking beer."

Identical twins share uncanny connection

By VALENTINA RAPOPORT

Like most sisters, Paige and Blaire Summerhayes share their room, clothes and CDs. Unlike others sisters however, these 15-year-old identical twins say they can sometimes also read each other's minds.

"We were writing an exam once and I sent Blaire an answer through my mind," said Paige. According to Blaire, who hadn't read the text for the exam, the answer just came to her.

"I just wrote it down and didn't know why," she said, adding, "Many people don't believe we have it (a telepathic connection), but I don't care what they think," she said.

"I think it's pretty cool," added Paige.

According to their mother, Cathy, she and her husband Bill have also witnessed a kind of abnormal connection between the twins.

"When they were little one of them fell down and the other (who was in another room and couldn't see her sister fall) screamed for no reason," she said. "I had no idea why she was screaming until my husband told me her sister had fallen at the same time."

"There are also times when they answer the same complete sentences to a question at the same time," added Bill.

According to a study done by Acta Geneticae Medicae et Gemellologiae Twin Research in Quebec, twins have their own language which allows them to com-



(Photo by Valentina Rapoport)

Identical twins Blaire and Paige Summerhayes.

municate to each other in different ways. The study report reads, "Twins are reported to invent their own shared languages which are unintelligible to others." However, because the individuals make it up only they can understand it. The report states many parents have witnessed the language and said it only exists when the children are still infants.

Yet having the ability to communicate differently than most people doesn't seem to affect the way the two sisters think of themselves.

"I don't know what it's like to not be a twin," said Blaire. "It's normal to us."

"I'm so used to it by now," added Blaire, who described herself as the more outgoing sister.

Even though they spend the majority of their days together, the sisters say it's easy to get along

with each other because they are so similar in many ways.

"We enjoy the same music, hang out with the same friends and we've even had the same dreams," said Blaire.

"Neither of us likes scary movies and we both like the same type of clothes," added Paige.

Having been in the same class for all of elementary school, they were first separated in grades 7 and 8 due to school policy.

"They wouldn't let twins be in the same classroom but we still hung out together during lunch and after school," said Blaire. Now in Grade 10, the sisters have only some classes together but still spend most of their time together. While many teachers and parents say it is not good for twins to spend all their time together (especially in the classroom) because it can lead to the lack

of developing individual skills, the Summerhayes sisters aren't worried. While they agree they are similar in most ways they still feel independent and both have their own goals and future career plans.

"I wouldn't mind getting into massage therapy," said Blaire, adding her sister Paige enjoys photography.

While it may seem a part of life now, parents Cathy and Bill Summerhayes say the news of twins was a big surprise. Having had complications with her pregnancy, Cathy was more worried about losing her baby and never expected what the doctor would tell her during her check-up.

"I was shocked and Bill thought it was a joke," said Cathy, laughing as she remembered the incident. "I sure wasn't disappointed but I never expected it (having twins) to happen," she said. Knowing the girls would be born with difficulties due to complications during her pregnancy, Cathy said the rush of having twins didn't hit her until her daughters were born and raised to good health.

Born on July 10, the twins were diagnosed with apnea, a disease that caused them to stop breathing from time to time.

"All we were thinking about was getting them through their crucial times," said Cathy.

"The combination of there being two of them and both having health problems really made it hard for us," added Bill.

Although dealing with the twins' health problems was tough, the

Summerhayes family knew health problems among twins were common. According to Ontario's Maternal, Newborn and Early Child Development Resource Centre, multiple birth infants (twins, triplets and quadruplets) have a higher chance of dying during the first year of their life compared to single born babies. The report found most multiple birth babies were usually born premature and underweight. Problems often included umbilical cord entanglement and poor fetal growth.

Bill described the first months of the twins' birth as a blur. "We never got any sleep," he said, referring to the amount of time he and his wife spent checking up on the twins to make sure they were breathing.

Looking back Cathy and Bill say they didn't realize how hectic their lives really were. Already being parents to six-year-old Jessica, their hands were definitely full.

"When you're living it you don't realize how busy you are," said Cathy.

"When we think about it now we laugh," added Bill, referring to the times when they would bump into each other as they raced to the twins' bedroom in the middle of the night.

Now healthy and thinking about their future, Blaire and Paige couldn't have made their parents prouder.

"People say they can't believe how well they (Paige and Blaire) get along. They're not competitive with each other. I think it's because they are comfortable with themselves individually as well as together," said Cathy.



(Photo by Izabela Zarzycka)

According to the Ontario Problem Gambling Research Centre, five out of six Ontario adults like to gamble. People that could have gambling problems are often financially unstable, such as students.

Students deal away money

By IZABELA ZARYCKA

Lights, lights and more lights are what one sees when entering a casino - all of them shining from slot machines and table games. When one thinks of a casino, they think of thousands of lights, but do they think about the problems associated with gambling?

Spending money on games, lottery tickets and even scratch tickets, can lead to problem gambling. This issue does not only affect the older generation; the main problem is with the generation that is still attending high school or post-secondary institutes.

Rob Simpson, chief executive officer of the Ontario Problem Gambling Research Centre, said the 18- to 24-year-old age group was found to be particularly prone to gambling problems.

The research centre did a study that was based on random people aged 18 and older who were living in Ontario and had a telephone. Five thousand people were surveyed about their involvement in various gambling activities, prob-

lem gambling behaviour and adverse consequences resulting from gambling in the spring of 2001.

The study showed that five out of six Ontario adults like to gamble, with the most common activity being the purchase of lottery tickets, followed by raffle tickets, scratch tickets and slot machines.

Simpson said that out of the 5,000 people surveyed, seven per cent of gamblers were 18 to 24 years of age, and the overall percentage of gamblers, from every age group, was 3.8 per cent. He added the number of people that gamble is "significantly higher" with the younger population but that, when looking at the 25- to 30-year-old age group, the numbers are much lower. He pointed out that people who could potentially have gambling problems are often financially unstable, for example students and people who are just starting a new job. Also, students who have gambling problems seem to lack an interest in education.

Not only can gambling put a per-

son in debt, according to the study, but it can also cause relationship problems, loneliness or increase isolation, stress or depression.

A study done by McGill University on youth gambling said, "Problematic gambling among adolescents has been shown to result in increased delinquency and crime, the disruption of relationships and it negatively affects overall school performance." The McGill study goes on to say that for an adolescent who has a gambling problem, a good day may be if she or he enters a casino with \$20 and is able to play all day. A bad day is when he or she has \$20 and is only able to play for 20 minutes. McGill University said that there is not enough public awareness about this issue and that youth do not know what they are getting into when they start to gamble.

It added, "While most gambling is illegal for minors, there is clear evidence that underage youth continue to actively participate in these activities with many reporting engaging in this behaviour with family members."

Gumshoes apply here

By SARAH MCGOLDRICK

When we think of private investigators, images of men in trench coats chasing after cheating husbands may come to mind. But, in reality, the role of a private investigator goes far beyond dark alleyways and parking lots.

Donegal Investigative Group Inc. is the first private investigation school in Kitchener. It is a training facility for those who wish to get first-hand experience and training in the private investigation field.

Founder and president Michelle Arruda developed the school and curriculum based on her own experience and work as a private investigator.

Arruda started out at Conestoga College in the journalism program but soon realized that her true calling was investigation.

She heard about a private investigation training facility in Toronto. She specialized in undercover and litigation work and after completing the program found a job with an agency.

After a few years, Arruda went looking for a way to maintain a family and still do the work she loved. After a lot of time and research she opened her own training facility.

"Kitchener-Waterloo is actually the ultimate city for something like this. You are an hour away from everything and the business community is very supportive," she said.

Enrolment in her program is similar to what the Ontario government requires of people looking to become licensed private investigators.

Applicants must be 19 years old or older and have their high school diploma. They must also have a clean record.

An interview process and a check of references are also required.

Arruda says her program offers extras that colleges or similar programs do not provide.

"Many don't give reality-based teaching. With this program the students learn what a rookie goes through including surveillance, interviewing and interaction in the field. It is designed to be practical," she said.

Students must also take a self-defence course.

Full- and part-time classes are available and the result is the necessary experience and expertise to become a successful private investigator.

The curriculum explores all aspects of private investigation and the law. Among these are criminal and civil law, report writing, interrogation and interview techniques, undercover investigation and executive protection.

There are two types of private investigators. Licensed private investigators traditionally work at agencies and non-licensed work at corporations or as in-house investigators. "Usually by week two or three you find out what kind of person you are," she said.

She added that those who prefer to work a nine-to-five shift would be more suited for the corporation work than those who like to keep their own schedules.

Arruda said it is not just private investigators that benefit from the training - people in any field can take the program and improve their work situation.

"Private investigation attracts unconventional people but it is really the most satisfying work for people who don't fit into a nine-to-five job."

*Michelle Arruda,
founder and president*

"Private investigation attracts unconventional people but it is really the most satisfying work for people who don't fit into a nine-to-five job," she said. "It is definitely a career where a student can be amazed, where everything they did under the sun can be experience in this work. If you can blend in with all walks of life you are rewarded for it."

"You hone your skills in things such as observation which can be good in any job," she said. "You may work the picket lines as a monitor and videotape a person being injured, or a riot that the police could use."

She added that undercover work is applicable to working as an operative to find white -and blue-collar crime.

"Women who take this program can learn how to keep themselves out of danger," Arruda said. "It's an awakening."

The training from the facility is also helpful for people working on a legal defence team who would use the skills to locate witnesses and take statements for use as evidence in a trial.

Arruda said the pay for most rookie private investigators starts at around \$12 an hour with expenses and mileage usually paid for. She said with experience the pay could then increase to \$25 an hour.

The facility is in the process of getting certification to offer financing and OSAP and new classes will begin March 10. The program runs 12 weeks at a cost of \$3,200. The facility is located on Frederick Street in Kitchener. For more information contact 519-896-3677.

New Session Starts in January

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Centre brings homeless in from cold

By STACEY MCCARTHY

Sister Christine Leyser is a petite, grey-haired woman with boundless energy and a kind sparkle in her eyes. She darts around the Guelph Drop-In Centre, answering the phone and greeting visitors by name. Leyser, who spends her time volunteering at the centre, arrives almost every day at 6 a.m. to let Guelph residents who are cold, hungry and homeless into the centre.

The Drop-In Centre, which has been operating since 1983, is located in the heart of Guelph at 20 Wyndham St. N. and is open from 6 a.m. until 4:30 p.m.

Leyser says many individuals who use the centre are repeat visitors. But she says the cause of their homelessness is not a lack of jobs or motivation, but a lack of affordable housing.

"It's a difficult, strange situation," she says. "Many come to the shelter for help, but after that there's nowhere for them to go, no house. And that's not just in Guelph, that's everywhere. That's why most come back. That's why it's always full here."

Leyser strongly disagrees with the government's current method of analyzing homelessness with statistics. "I think it's a large waste of money. What should be looked at instead are the root causes of homelessness — mental illness and affordable housing. What are statistics anyway? What do those numbers change? Nothing. In the end nothing has been learned."

Leyser says that while many of the centre's visitors are displaced tenants, many are also teens who have left home or have been kicked out. She says a lot of Guelph's homeless are almost entirely illiterate, and many also suffer from addictions and various types of mental illnesses.

In addition to offering visitors nutritious meals, hot beverages and



(Photo by Stacey McCarthy)

Mary McBoy, a regular visitor to Guelph's Drop-In Centre, grabs some fresh air before going back inside for some hot chocolate. The centre, located at 20 Wyndham St. N., is open from 6 a.m. until 4:30 p.m.

support, financial assistance is also available at the centre. "Just last month," says Leyser, "we gave out \$5,000 in one day just to help keep people in their places." The centre also pairs up those in need with social workers and organizations like the Community Mental Health Clinic and the Community Alcohol and Drug Clinic.

Leyser says the lack of affordable housing, the removal of rent controls and a higher cost of living are making it difficult for many to keep up with their bills. "Not just that," she adds, "but social assistance and disability haven't increased with the higher cost of living. The result of this is that many people are evicted because there's nothing they can do."

When asked if landlords would evict tenants out into the cold win-

ter temperatures, Leyser is quick in her response. "They can and they do. Certainly."

She pauses for a moment to answer the phone. It's good news. There is a lead on a home for one of the centre's visitors. She quickly hands the phone over to the excited man. "That's great news for him," she says with a wide smile.

One of Leyser's most memorable experiences at the centre involved a schizophrenic man she had been working with for more than eight years.

"This man was very ill. He had been homeless for a long time and no one was really paying much attention to his illness. We (volunteers at the centre) were working with him constantly for the eight years, taking him places, picking him up, helping him with money.

Then one day he just stops and says, 'Thank you.' It was amazing. It was a small thing, but it was amazing. It's those little, small things that are the most beautiful."

One of the more upsetting tales she tells involves a 10-year-old boy and his father, a recovering alcoholic. "A place became available for them to move into, but the father had to call first. Unfortunately, the person who answered the phone couldn't speak English very well and asked him to call back later. But he didn't have another quarter to make that call and he ended up losing the apartment."

Leyser stops and glances around the room. She waves to a table of older men, calling them all by name. The single room is bustling with activity as volunteers serve soup and coffee to a long line of

waiting people. The phone is ringing constantly, competing with the banging of pots and the babble of conversation. Small groups huddle around the door before braving the frigid morning air for a quick cigarette.

Everyone who works at the centre is a volunteer. "None of us makes any money," says Leyser, "which makes it easier for me to speak up about things. Because you're not there for the money. You're there for the people and their needs."

Anyone interested in volunteering is welcome. "People know if they'll be able to handle it here. They know what they can do. But fortunately, most volunteers come and stay."

Leyser says most of the money for the centre comes from the United Way. The rest is donated by individuals or companies.

"None of our money comes from the government and we're not looking for any. Because with that money would come stipulations."

Leyser often travels to local businesses and institutions to talk about the United Way and how individuals can help. "I speak from the heart because that's where the giving comes from — the heart. No one gives money from their head. They look at their bills, add them up and say they can't afford it. But if they listen to their heart..."

Leyser stresses the growing need for the United Way. "It's a very important organization whose employees get paid very little to do what they do. What makes it great is that it's an organization that looks to the needs of the people and answers them."

She says her hopes for the Drop-In Centre do not include expanding the current location. "I don't like things too big. It's not healthy for these people because you lose that community feeling. And that's so important for them — they need that support."

LRC section geared towards women's issues

By BLAKE GALL

Conestoga College is addressing women's issues with a section of the Learning Resource Centre (LRC) geared specifically at women.

The government-funded Women's Resource section aims to provide useful information to all students interested in both current and past women's issues.

Barbara Kraler, a counsellor in Student Services, deals with the funding provided to the school.

"The purpose of this section of the LRC is to highlight resources purchased by the Women's Resource Group with grant funding that deal with issues of concern to women," Kraler said.

Funding for the section started in 1991 and the resources were purchased shortly afterwards.

"The funding is part of a larger grant the college receives through the Ministry of Training, Colleges and Universities that deals with safety, violence against women, harassment and empowering women to deal with these issues," she explained.

Approximately \$2,000 is provided each year for books, videos and other resources and about \$1,000 for speakers. Reports are submitted annually to outline how the funding is spent.

A special section within the LRC was designated and signs put up to raise awareness.

"Each year additional resources are purchased based on recommendations from the Women's Resource Group members, faculty, students or LRC staff," Kraler said.

The grant allows the college to purchase resources that would otherwise be out of budget for the school.

There is no concrete information

showing who uses the resources most frequently, but LRC staff notice many students from the

School of Health Sciences and Community Services referring to the data.

The information can be useful for research, presentations or personal use.

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Group Facilitator: Keith Martin
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Every year, Conestoga Students Inc. holds annual elections to fill its executive positions. Interested candidates are encouraged to come to the CSI office and pick up their nomination packages.

Positions available are the full-time president and three vice-president positions.

Nominations begin January 28 and run through to February 10. Candidates can begin to campaign on February 10 through to February 28.

Elections will be March 3 - 5.

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**C O N E S T O G A
S T U D E N T S I N C.**

Video store makes break from convention

By HALLEY McPOLIN

What do you get when you combine a video store with a toy store, throw in a dash of comic-bookemporium and spice it up with a '0-something attitude? The end result would undoubtedly look something like Generation X Alternative Video and Media in uptown Waterloo.

Located at 10 Regina St. N., the store is a welcome change from the conventional, mainstream video rental places. Rather than focusing primarily on new releases, GenX presents customers with a wider range of options, such as hard-to-find rarities, cult films and even shorts.

"The world of GenX is an attempt to have a video store that counteracts the other videos stores," says manager Chris Beckett. "We offer the more obscure, less-in-demand (movies) that still have an audience, as opposed to other, more centric video stores that shall remain nameless."

Some of the subject headings for movies include gay and lesbian, sexploitation, black cinema, silent film, documentaries, classics and literary films, plus an entire room dedicated to anime. Additionally, customers have the option of new releases, horror films, science fiction, musicals, westerns, war flicks or foreign films — separated into their specific countries of origin. Movies are also classified and arranged by director so those with specific tastes can find what they're looking for easily. If you don't have a specific movie in mind, customers are welcome to take a suggestion from the

employee picks section.

The store came into existence in 1995 after UW film student, Mike Greaves, and friend Floyd Chan, realized there wasn't much option for people who were looking for less mainstream film. They began the store with 2,300 handpicked movies and, after extensive market research, they opened Generation X and hoped for the best. Now, eight years later, Beckett says business couldn't be better.

"The customer base is largely students, but it's expanded a lot since we moved to our current location about four years ago. We've got a wide cross-section: from the elderly residents nearby coming in for classic films, to those who come in specifically for new releases," Beckett stresses that new releases were not going to be the primary focus when the store opened, but says for every "bad movie" that makes the store a lot of money, they can then put it towards purchasing more foreign or classic films.

Although cult films were most in-demand when the store first opened, Beckett notes that at present it's the new releases that are bringing in the most cash. "It's just a fact of the marketplace: most people come in looking for that stuff. We still do a fair bit of business with the foreign films and now with our DVDs we have a good amount of rare material we couldn't get before, which has opened a lot of doors."

The growing collection of hard-to-find films first began with hand-picked movies from video stores that had gone out of business. Now many of the movies can be bought online using sites such as Ebay to



(Photo by Halley McPolin)

Manager of Generation X Alternative Video and Media Chris Beckett says customers enjoy the wider range of options offered at the uptown Waterloo store.

track them down, allowing for much more convenience and option, including purchasing movies overseas.

As well as movies, GenX sells a multitude of collectibles, toys and figurines, ranging from Spawn products to television and movie figurines. They also have an extensive magazine rack with everything from film magazines to other hobby-related topics, a candy stand and even T-shirts. Obviously, VHS and DVDs can be purchased as well.

As far as local competition, Beckett says it's always a matter of how the market is doing at the time, but he isn't worried. "We really benefited when a nearby Jumbo Video closed down and business steadily increased. The nice thing is that, even though a giant Rogers Video just opened in almost the exact same place, we've held on to

the clientele for the most part."

Loyal regulars make up much of the steady business for GenX, but Beckett says he is always happy to see new customers discover the store and decide it's sufficient for all their movie needs. An example of this loyalty can be seen in the aptly named "wall of shame" on the wall closest to the front door. It features a list of customers who, for whatever reason, have not returned a movie to the store and cannot be reached. The list includes the customer's full name and the movie they have not returned along with a plea for customers to realize that such a small business cannot afford to have their products stolen.

"People do give us hints as to where we can track down those on the wall of shame. In one case it turned out they were dead ... so we let that one go. I think a lot of people do feel a sense of loyalty to the store

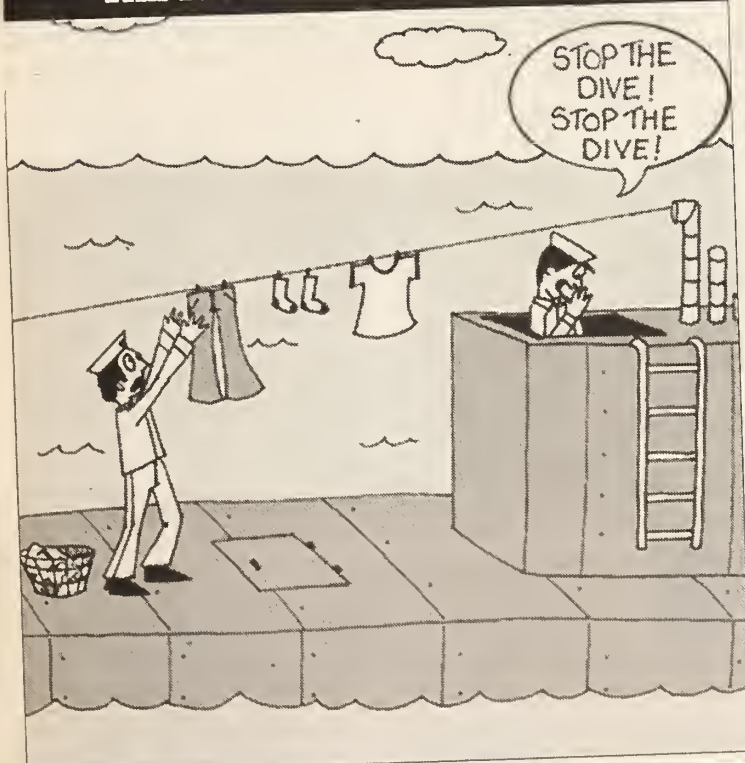
— they're not snitches, but they do want the store to continue to do well."

In a business that is always changing, it's hard to predict the direction the store will go in. So far, GenX continues to benefit from the sales of both DVD and VHS, but with the ability for people to download movies from the Internet, video on demand and Pay-Per-View, the store will simply have to wait and see.

"It's a tricky time in the industry's history. A lot of stores and chains are reporting real losses and downturns in their business, but we've been lucky; we've stayed pretty much consistent, if not gone up a bit."

Considering everything GenX has to offer, it's hardly surprising to see business still booming, nor would it be hard to believe it will continue for a long time to come.

THE FREAK SHOW By Marc Hulet



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THERE ARE CHALLENGES TO WORKING IN A GROUP, BUT THE REWARDS OUTWEIGH THESE CHALLENGES.

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Singing for peace

By JASON MIDDLETON

"I will resist war, I will not be seduced by hate."

Those are the lyrics that open the newest song released by New York-based musicians Chris Brown and Kate Fenner.

The song, titled Resist War, is solely an Internet release at this point.

The song is to be included on Fenner and Brown's upcoming album of peace songs that is expected to be released this spring.

In the first three days the Web site received 300 hits from people looking to download the song.

A week later the site received 1,000 hits and the mp3 version of the song was available on the peer-to-peer file sharing system Kazaa.

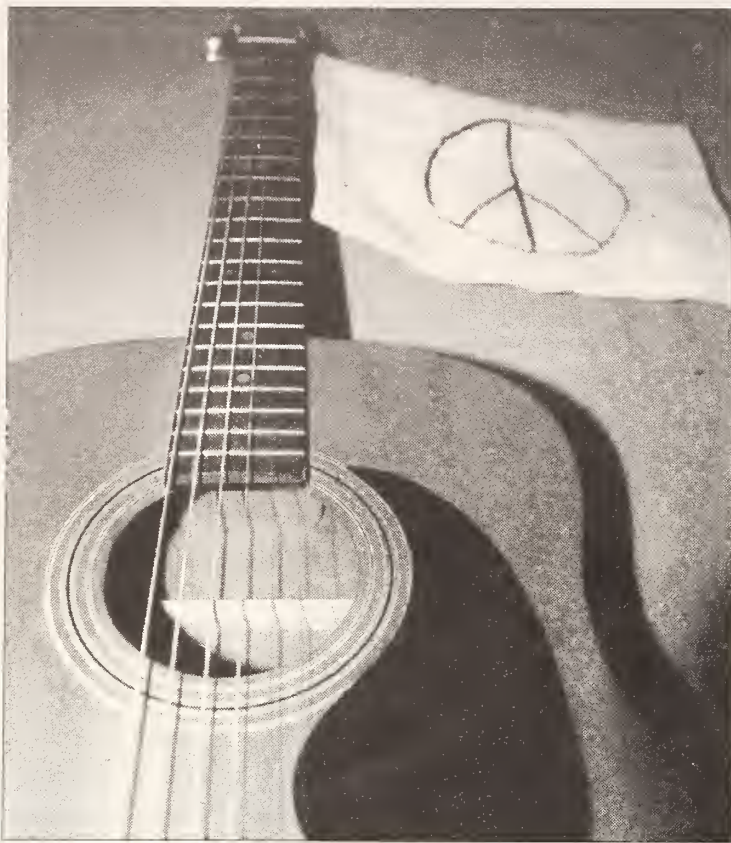
The song was written in response to the widely known plan of George W. Bush to go to war with Iraq.

In a phone interview, the 34-year-old Brown said, "We're basically giving it (the song) away. We're saying go ahead, download it, broadcast it, copy it, burn it, do whatever you want with it, just get it out there."

He said that his involvement with the activist theme is not just limited to this song. "It's implicit in a great deal of our music. It's one motivational force of why we make music in the first place."

"Being in New York, and being on the roof as the towers fell and watching people become so alienated by the violence and then seeing how the alienation has manipulated (the government) towards a horrid agenda of domination and control of the world's resources," Brown said is what the United States and its people are doing in response to the attacks.

Brown said the possible war in Iraq is the "spending of lives and the using of American soldiers as



(Photo by Jason Middleton)

Chris Brown and Kate Fenner, New York-based musicians, have included a new song entitled Resist War on their upcoming album. The song was written in protest of U.S. President George W. Bush's plan to go to war with Iraq.

bullet catchers and devastation of poor countries."

"The flag has been used as a gag," said Brown, "which has been really desperate, because this war has nothing to do with nationalism, it's so beyond that."

According to Brown, the anti-war movement is getting more exposure. He said that a movement started last year to stop a possible war with Iraq, but it didn't get a lot of media attention.

"Now, fortunately, what's starting to happen is that a lot of the people with money and who control media are actually starting to have the balls to create a platform for these voices.

People have been protesting extensively for the last year."

In 2001, Brown, along with Fenner, released a CD entitled GASCD, with the proceeds going to those who were arrested at the globalization summit in Quebec City. Artists such as the Tragically Hip, Barenaked Ladies, Rheostatics and Sarah Harmer also contributed to the CD.

Brown and Fenner are expected to come to Waterloo's Jane Bond in late March.

To download the song Resist War go to <http://www.resistwar.com>. To find out more about the GASCD go to <http://www.gascd.com>.

Slinging creativity at mudhouse

By SINEAD MCGARRY

Luci's Mudhouse isn't a mud-wrestling pit, but rather a place to go to let your creative side shine.

Whether going on your first date, enjoying a girls' day out or simply needing stress relief, Luci's Mudhouse offers a homey atmosphere for people to express themselves and unwind.

"Let loose, relax and let your creativity flow," said Luci Harmon, owner. The business, which is located at 22 Regina St., in Waterloo, is a cosy, historical home that has been renovated into a ceramic showcase, where customers can paint and designs ceramics of their choice.

"I love coming here because you can make each piece you paint special and unique," said Liane Barretto, a Waterloo resident.

Since there are no appointments required, my roommates and I found it hard to find seats in the packed business. People of all ages, from two to 90, come to paint, create and enjoy the theme at Luci's. "I bring my niece here when I babysit and I bring my mom when

we want to spend time together," said Barretto.

There are more than 100 pieces to choose from including piggy banks, teapots, cat bowls and vases. "The mug is the most popular piece to paint because it is so functional," said Harmon.

The Mudhouse, which has been in business for more than five years, attracts more and more customers because "people just love to be creative, and this is a great way to show your creative side," said Harmon. After graduating from university Harmon wasn't sure what career path she was going to pursue. A neighbour suggested she open up a ceramic store, and after making a business plan, she opened her mudhouse.

Harmon said there are four easy steps to making your own masterpiece: Choose a piece, which range in price from \$3 to \$35, choose from the 61 colours available, glaze the piece and then begin painting. Adults are \$8 per hour, students are \$6 per hour and children are \$5 per hour.

"I bring everyone here, it is such a fun place to go," said Barretto.



(Photo by Sinead McGarry)

Luci's Mudhouse, located in Waterloo, gives people the chance to express their creativity through hand-painted ceramics.



Horoscope

Week of Jan 27 - Feb 2



Happy Birthday Aquarius!

A sudden change will take you by surprise. You might have to change any plans you have made for your birthday. You will be able to celebrate later.



Aries March 21 - April 18

You might have to make a decision regarding a friend and a relationship. When deciding follow your intuition.

Luckiest day: January 27.



Taurus April 20 - May 20

An unexpected bill may throw your finances off for a while. You will be able to balance them again, just don't splurge right now.

Luckiest day: January 29.



Gemini May 21 - June 21

You could be presented with a new opportunity regarding a job. Make sure you investigate any opportunities well; don't rush into things.

Luckiest day: February 2.



Cancer June 22 - July 22

A peer or colleague could start being a disruption over the next while. It would be best to ignore anyone who's causing trouble.

Luckiest day: January 28.



Leo July 23 - August 22

You could be starting a new relationship or meeting someone new. They will provide you with the friendship you need right now.

Luckiest day: January 27.



Virgo August 23 - September 23

If you are feeling secluded or depressed be aware that better days are ahead. Stay on top of your work and in a few weeks everything will be fine.

Luckiest day: January 28.



Libra September 24 - October 22

If you are in a relationship expect things to improve, if not a close friend will go out of his or her way to make you happy.

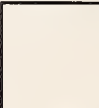
Luckiest day: January 28.



Scorpio October 23 - November 21

If you are having tough times, know it is meant to be. A path has been laid for you to follow, so any rough times are a learning experience.

Luckiest day: February 1.



Sagittarius November 22 - December 21

If your workload has taken its toll on you, know that better days are in the near future. Just finish one task at a time.

Luckiest day: January 28.



Capricorn December 22 - January 19

Balance is coming in all aspects of life, especially financial. Make sure you deal with every situation as it comes, don't procrastinate.

Luckiest day: February 2.



Aquarius January 20 - February 18

Someone may be offering you a gift. It could be either a physical gift, or a gift of advice. Whatever it is, accept it with gratitude.

Luckiest day: January 28.



Pisces February 20 - March 20

You might have to care for someone soon. Be on the lookout for someone feeling down. They may not ask for advice, but they need it.

Luckiest day: January 29.

Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

HEADACHES

Sudden, severe and unusual headaches

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART AND STROKE FOUNDATION

Seek immediate medical attention if you have any of these symptoms.

One giant skate for 'womankind'

Congratulations to Hayley Wickenheiser for having the courage and determination to play in a men's professional hockey league.

On Jan. 11, the 24-year-old Canadian played centre for Kirkkonummen Salamat against Järvenpää Ketterä in a Finnish second-division hockey game.

However, she wasn't the first woman to play a non-goalie position. Maren Valenti played 24 games for Freiburg of Germany's second division in 1989-99. Three others have played goalie.

The fact is at 5'9" and 170 pounds, she is actually the same size or even bigger than some of the NHL players today.

Nevertheless, Wickenheiser is still an icon for women everywhere and I wish more of us could follow in her footsteps.

Personally, I think it is great that Wickenheiser is playing with the "big boys."

"I can't see why Wickenheiser thinks that the only way to justify herself as an excellent hockey player is by joining a second division Finnish team in a pro league. Has anyone bothered to mention that Wickenheiser — an Olympic gold medal winner and an extremely talented player — is now playing with a group of men, most of whom will not even qualify for the Olympics, never mind make the NHL?" says



Andrea R. Smith

Opinion

Maria L., from Toronto, in a letter in The Toronto Star on Jan. 13.

I think that, even though she may have more talent than the men who play in this league, it is still one giant step towards women joining the NHL.

Wickenheiser's accomplishment could lead to even more possibilities. Some women could potentially join professional football, baseball or basketball.

Maybe we could even create our own competitive league for women, in any sport.

Some say that Wickenheiser will get "beat up" by the bigger goons in the league.

Some say she does not have the physical ability to play with men.

The fact is at 5'9" and 170 pounds, is she is actually the same size or even bigger than some of the NHL players today.

Kate Buskirk, from Brampton says in a letter in The Toronto Star that the problem is society has always been taught that sports are for men and not the "weaker" sex.

I agree with Buskirk and I think there are women out there that are capable of proving they can play with the best — whether men or women.

Although I am only 5'2 and 105

pounds, I joined the wrestling team at my high school in 1999.

Wrestling has always been known as a "male sport" and definitely not one that a small "weak" female is capable of participating in.

In the two years that I wrestled I won 13 medals including one silver Ontario Federation of School Athletic Associations (OFSAA) medal and one gold.

I even participated in the Canadian Nationals in Saskatoon in 2001.

There were many other girls that wrestled as well. In fact my team, the Bramalea Broncos, consisted of mostly females.

On our team the girls won Region Of Peel Secondary School Athletic Association (ROPSAA) four times and OFSAA twice. The following year they placed second and the entire team won the overall championship, the first time it was ever offered.

This is a great accomplishment.

A couple of girls that were on my team have even moved up to university wrestling and I know one has said she wants to be the first female wrestler in the Olympics.

I really hope she makes it. I want to see her on television one day and be able to say that I used to wrestle with her.

I think Wickenheiser is just the beginning of women playing men's hockey and hopefully other sports as well.

I know that there are many females that participate in sports these days but I want to see them go professional and possibly one day compete against men.

Pro sports teams in Toronto in for up and down 2003

By MARC HULET

BASKETBALL

Toronto Raptors fans have been teased by the club in recent years with surprising playoff runs.

But at the mid-point of the 2002-03 season it looks like the teasing is over. No, the Raps won't be vaulting to playoff glory; they'll be lucky to even make the NBA playoffs.

With a 10-30 record, the Raptors season appears to be in serious trouble. Only the woeful Denver Nuggets and Cleveland Cavaliers have worse records.

The Raptors, as a whole, don't always show up for games looking like they expect to win.

Many people point to the injuries to star Vince Carter, as well as Antonio Davis, Jerome Williams and Lindsey Hunter as the source of the Raptors woes.

And that may be, but it also highlights a disturbing lack of depth.

And the Raptors, as a whole, don't always show up for games looking like they expect to win.

Too often the games begin with looks of utter defeat on the faces of Raptors players.

They need a lot more leadership on the floor than what they're currently getting.

HOCKEY

The Maple Leafs have also had a hard time staying healthy but, unlike the Raptors, they just keep on winning.

Their 24-17-4 record has them second in the Northeast Division, behind the bankrupt Ottawa Senators.

Injuries to Eddie Belfour, Matts Sundin, Mikael Renberg and Gary Roberts, who has yet to play a game this season after surgery on both his shoulders, keep popping up but the Leafs keep finding ways to win.

The reason for this is the ability of the Leaf role players to elevate their game when needed.

Travis Green has stepped it up lately to help ease the loss of Alex Mogilny, Eusebio and Renberg.

Darcy Tucker is not having his best season overall, but he too has led the Leafs to victory on a num-

ber of occasions with hustle, determination and timely scoring.

As always, goaltending plays a big role in Toronto's success. In the fine tradition of goalies such as Felix Potvin and Curtis Joseph, Belfour appears to set the tone of each game. If he's on, the Leafs stand a great chance of winning the hockey game. If he's off, then look out. Belfour's solid play has taken a lot of focus off the Leafs' below average defence.

It appears Mogilny's comments in training camp about being washed up and considering retirement when his current contract is up may have been a smokescreen.

He flew out of the gate at the start of the season and is seventh in the NHL in scoring.

His 20 goals and 49 points put him on pace for one of the best seasons for a Leaf players since a guy named Dougie played for the blue and white.

BASEBALL

Spring training is slowly creeping up on us.

Yes, it's less than two months away before spring training begins and the outlook for the Blue Jays is not as bleak as it seemed after the past few seasons.

Many sports publications are considering the Blue Jays a sleeper team in 2003.

A lot of sports publications are considering the Blue Jays a sleeper team in 2003.

No, they won't be able to compete with the veteran-laden New York Yankees or Boston Red Sox, but they should be competitive.

And Blue Jay fans haven't seen the Jays field a competitive since the glory days of the early '90s.

Breakout seasons by young Jays such as Vernon Wells, Eric Hinske and Josh Phelps and the resurgence of ace pitcher Roy Halladay have given rise for optimism in Blue Jays land.

GM J.P. Ricciardi raised some eyes this off-season when he let Jose Cruz walk away with no compensation.

Ricciardi then took the \$5 million it would have cost to keep the enigmatic Cruz and spent it on veterans Tanyon Sturtze, Mike Bordick, Frank Catalanotto and Greg Myers.

College hopes to attract players for intramural sports teams

By JASON MIDDLETON

Hey all you intramural sports fans — it's time to get excited.

This semester Conestoga's recreation centre is offering four different types of intramural sports during the next eight weeks.

The sports are coed volleyball and indoor soccer, both having 12 teams.

Non-contact hockey is comprised of six teams and three-on-three ball hockey will have 16 teams.

Athletics co-ordinator Marlene Ford, who is in charge of the intramural sports, says the teams are made up of classes and individuals.

"Some just sign up as individuals, as a way to meet new people.

They like sports but aren't the competitive type. They don't want to play varsity but they still want to be active and play something once a week. We get a lot of individuals that sign up and a lot of those individuals end up playing on the same teams while they're at college."

This year the number of teams signed up has stayed about the same with the exception of volleyball, which has fewer teams, and indoor soccer, which has more teams.

Ford says suggestions for sports can be made.

"We've tried everything. We tried ultimate Frisbee and we had nobody sign up. We tried touch football and now we're back to flag

football and we get a poor turnout for that."

The season lasts for eight weeks with a playoff at the end.

Winners have their names engraved on a trophy that is displayed in the recreation centre.

Game times are as follows: non-contact hockey happens on Tuesdays from 4:30 to 5:30 p.m. and Wednesdays, with one game starting at 4:30 p.m. and the second game beginning at 5:30 p.m.; coed volleyball happens on Wednesday from 6:30 to 9:30 p.m.; indoor soccer every Thursday from 4:30 to 6 p.m.; and three-on-three ball hockey every Monday and Wednesday from 4:30 to 6:30 p.m.



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Maintain active lifestyle throughout the year

By **BLAKE GALL**

Your alarm goes off; you grudgingly get out of bed and turn on the Weather Network to see that it is currently -6 C outside. You then proceed to get back into bed thinking it is too cold to leave your house.

Winter doesn't have to be a time devoted to must see TV or making it a Blockbuster night. Instead, it can be the season to get active in unique ways.

Region of Waterloo Public Health, Environment Health & Lifestyle Resources is encouraging people to make the most of winter with their new Cabin Fever Winter Active Kit.

The kit is geared more towards families, but could be useful to almost anyone, said Monica Schneider, public health nurse in Waterloo.

Schneider helps distribute the kits to people looking to get active, but lacking ideas or motivation.

Included in the kit is a comical outline of what it means to be Canadian, interesting winter games that anyone can play, an itinerary of simple activities for the month of February and, probably the most useful, 50 Ways to Leave Your Sofa ... From Couch Potato to Active Spud.

This list offers a variety of ways

to get up, get out and get active.

Narrowing them down a bit, here are 15 fun indoor activities:

1. Go bowling.
2. Try your swing at an indoor driving range.
3. Start your spring cleaning early.
4. Play indoor mini golf.
5. Check out a local museum or tourist attraction.
6. Turn on the radio and dance!
7. Go swimming at your local pool.
8. Action TV: Do sit-ups or jumping jacks and stairs during commercials.
9. Reach for new heights ... try a rock-climbing wall.
10. Play ping pong (use your kitchen table).
11. Practice yoga or Pilates.
12. Vacuum with vigour!
13. Play indoor volleyball.
14. Do some stretching exercises.

15. Kick up your heels with hip hop, salsa or line dancing.

For those who dare to go outside, here are 15 exciting outdoor activities:

1. Pull on your boots ... walk to school or work.
2. Walk the dog.
3. Take a hike! Enjoy your local trails.
4. Shovel your driveway. Warm-up first!
5. Try winter camping.

6. Have a ball in the snow: throw, catch, kick or roll!

7. Play hockey, soccer or touch football in the snow.

8. Strap on your skis ... downhill or cross-country.

9. Bundle up and go fly a kite.

10. Take a brisk walk for 30 minutes.

11. Try a new winter activity ... snowboarding, curling or snowshoeing.

12. Park your car farther away. Get off the bus one stop sooner.

13. Toss a Frisbee in the snow.

14. Organize a game of snow pitch.

15. Put a new spin on tobogganing: try snow tubing.

While enjoying the outdoors you should always practise safety. Be careful around ice that isn't marked safe to walk on, be aware of the danger of frostbite and keep the snowballs away from the head. No one wants to lose an eye just to have a little fun.

Before leaving the house, make sure that you bundle up. Keep your hands and feet warm at all times, wear a hat to keep heat in the body, get out of wet clothes as soon as possible, dress in layers and make sure the outer layer is waterproof.

Getting out of the house doesn't have to be a chore. With a little creativity it can be more of a pleasure.



PUBLIC SPEAKING ANXIETY WORKSHOP

MEETS FOR 4 SESSIONS

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B02) before Friday, January 31st.

Common hours will be selected from submitted student timetables.

This group is available beginning the week of February 3rd.

Workshop Facilitator - Shawna Bernard

"When diabetes enters your life, you need someone to turn to. Call the Canadian Diabetes Association." Carol Seto, dietician

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING



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Come and check us out online!



SPOKE is now online at

www.conestogac.on.ca/spoke

Updated every Monday, come visit us for the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links.



(Photo by Nicole Childs)

The taps are flowing

Doug Perkins, bartender at O.T.'s Sports Bar in the rec centre, serves up some brew for thirsty Conestoga College students.

Hungry to try something new?

Join other students as they enjoy feasting at International Food Night in the Sanctuary on January 30



CSI and International Education are coming together to present the International Food Night Pot Luck.

Cost is dinner for our pot luck dinner
or \$3 at the door

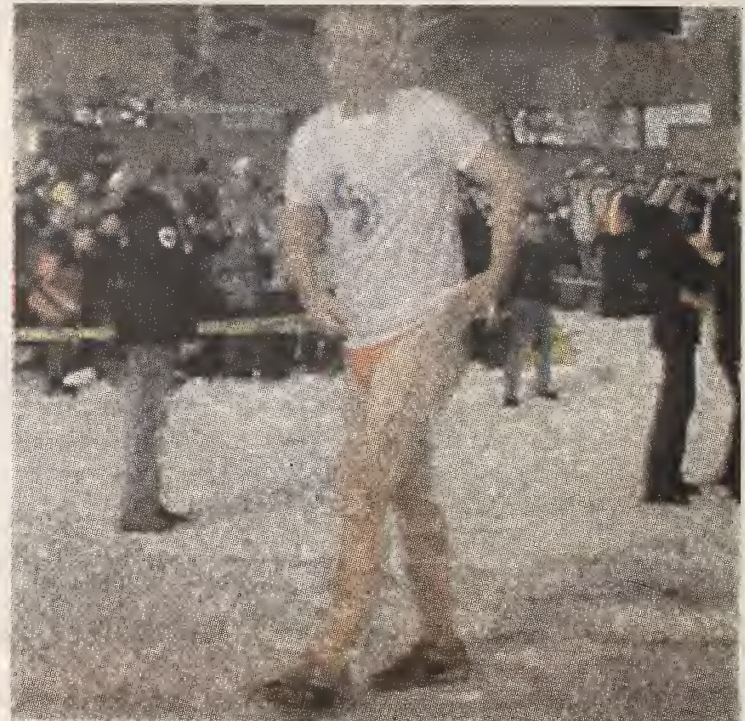
C O N E S T O G A
S T U D E N T S I N C .

Doors open at 6:00pm

Remember to bring proper ID
Licensed event

The Carnival is coming

Welcome the winter semester and chase away the winter blahs with the CSI Winter Carnival on January 30



Party at the pond with free activities and warm beverages while you watch the annual Polar Plunge Festivities begin at 11am

CONESTOGA STUDENTS INC.

Think you can miss the rush of a lifetime on
January 30?

Think again

Make the plunge. Make a difference!



All events this day will be determined by weather

